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Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was *Generation X: Tales for an Accelerated Culture*. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

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TEAM FORD FLOORED

TORONTO POLICE SAY THEY HAVE VIDEO THAT REPORTERS CLAIM SHOWS MAYOR SMOKING CRACK, BUT ROB FORD SAYS HE HAS NO REASON TO STEP DOWN **PAGE 8**

Time for clocks to fall back

Daylight Savings ends at 2 a.m. on Sunday, so don't forget to change the time before you go to sleep

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A conceptual drawing shows the proposed building that would be the biggest in Western Canada and would dwarf the nearby Epcor tower. CONTRIBUTED

BCM proposing 71-storey tower

The Edmontonian. Five-star hotel and condo would be biggest in Western Canada



RYAN TUMILTY
ryan.tumilty@metronews.ca

If a development company gets its way, things in downtown Edmonton could be looking up, way up.

According to the project's architect, BCM Developments is proposing a new 71-storey tower, just north of the Epcor building on 101 Street.

Terry Hartwig, the president of Hartwig Architecture, said the new building, dubbed the Edmontonian, would dwarf not just anything in the city, but anything in the West.

"It would be the biggest building in Western Canada, but who knows, by the time it gets built maybe there is something bigger," he said.

Hartwig said the 278-metre-

tall building would be split between a high-end hotel and condominiums and would fill a need in the city.

"It would be a five-star hotel and Edmonton doesn't have a five-star hotel," he said.

Hartwig said they are working through a rezoning process, but he said they would love to be under construction next year.

"Right now we are only allowed to put a two-storey building on the existing zoning, so this one is a little too big for that (space)," he said.

He said the City Centre Airport would have previously restricted the development and with the arena set to get underway they believe it would be good for the city.

"We are just kitty-corner from the arena, so it would be a pretty good location," he said.

He said the building would have an automated parking system as well.

Mayor Don Iveson was surprised with the news of the mega-project, but said it was a positive sign.

"It's encouraging that people want to make a big investment in downtown," he said.

Iveson said the city is going to have to vet the proposal carefully.

"It's good that people want to invest in downtown, but that doesn't mean we are going to approve any proposal that comes forward."

Zoning changes

"Right now we are only allowed to put a two-storey building on the existing zoning, so this one is a little too big for that (space)."

Terry Hartwig, the president of Hartwig Architecture, on the rezoning necessary for building the Edmontonian, a 71-storey building in the city's downtown.

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Misery. Couple face prison time for abusing relative

The prosecution says an Edmonton-area couple who abused a mentally handicapped relative before she died in 2009 should be sentenced to three years in prison.

Betty Anne Gagnon, who was 48, had been confined in a basement, a dog run and a converted school bus with no heat, running water or electricity at a rural home east of Edmonton.

A medical examiner determined she died of a head injury that was caused by either a blow to the face or a fall.

A Crown lawyer says Gagnon's younger sister, Denise Scriven, and brother-in-law, Michael Scriven, don't deserve a sentence they could serve in the community.

The Scrivens were originally charged with manslaughter, but pleaded guilty earlier this year to failing to provide the necessities of life.

Court had already heard that it's clear Gagnon lived her last months in misery. An autopsy showed she was covered in bruises and underweight when she died.

THE CANADIAN PRESS

Background

Gagnon had lived in a private care home until the placement ended in 2005. When workers were unable to find a new residence for her right away, she went to live with her sister, a registered nurse, at her rural home near Ardrossan, Alta.



Bob Dunford, the city's director of roadway maintenance, stands in front of some of the many pieces of equipment city crews will be using when snow hits this weekend. RYAN TUMILTY/METRO

A Sunday storm is snow place to be

Call Mr. Plow. Crews ready to keep streets clear and traffic moving



RYAN TUMILTY
ryan.tumilty@metronews.ca

With snow in the forecast for this weekend, city crews say they are ready to hit the streets.

Bob Dunford, the city's director of roadway maintenance, said everything needed to keep city streets

passable is in place.

"We are 100 per cent ready. We have our material in place and we have all of our equipment ready to go," he said.

Environment Canada is predicting snow will fall Sunday.

Dunford also took the time to remind drivers that, as soon as the snow hits, driving conditions will change and they will need to adapt.

"Even with roads plowed, it's not the same as summer driving conditions, so I will just advise people to slow

down," said Dunford.

He also pleaded with the public to give plows and sanders extra room.

"It's important to stay back from them; don't put yourself in any danger of getting up close," he said.

The \$51.8-million budget for snow plowing — which follows the calendar year, not the seasons — is currently overspent because of heavy spring snows.

Dunford said the final tally will depend on snowfall over the rest of the year.

"Where we will be year-end of course depends on

Fully equipped

The city has 240 pieces of equipment, including 131 sander plows, 44 plows, 20 graders, 17 blowers and 20 sidewalk plows.

- The city has 112,000 tonnes of sand, 19,000 tonnes of salt, 23,000 tonnes of rock chips and 208,000 litres of calcium chloride, which is a de-icer.

what happens in November and December," he said.

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Red Sox designated hitter David Ortiz applauds after defeating the Cardinals in Game 6 of the World Series on Wednesday night in Boston.
DAVID J. PHILLIP/THE ASSOCIATED PRESS

Free to play. Varlamov able to travel with team while charges pending

Colorado Avalanche goalie Semyon Varlamov will be able to travel with the team while prosecutors consider whether he should be charged with assaulting his girlfriend.

On Thursday, a judge said Varlamov could be released if he posted \$5,000 US bond and be allowed to travel with the team but he was ordered to stay away from his girlfriend, among other restrictions.

The girlfriend told investigators that Varlamov kicked her in the chest, knocking her down, and stomped on her chest as she lay on the ground in her apartment on Monday, according to an arrest affidavit. The girlfriend, whose name was redacted, also accused Varlamov of dragging her by her hair and telling her that he would have beaten her more if they had been in Russia.

Varlamov appeared in court briefly Thursday. He spent the night in jail after turning himself in on Wednesday. He stood next to his lawyer to face Denver County Judge Claudia Jordan, who also told him, through a Russian interpreter, that he couldn't drink or possess firearms. He also had to sign a



Colorado Avalanche goalie Semyon Varlamov DENVER POLICE DEPARTMENT

waiver that he would be immediately sent back to Colorado if he fled.

The 25-year-old turned himself in to police Wednesday evening, after practising with the team that day. He was arrested on suspicion of second-degree kidnapping and third-degree assault.

Varlamov's agent, Paul Theofanous, said he "is completely innocent of all of these charges."

Varlamov's lawyer, Jack Rotole, declined to comment on the case, saying he would defend his client in court.

THE ASSOCIATED PRESS

World Series win caps off tragic year in Beantown

Boston Strong. Marathon runner finds bittersweet ending in Red Sox victory

For fans, players and political leaders who celebrated the Red Sox's World Series title with cries of "Boston Strong," the championship provided a jubilant finish to a season that was shadowed nearly from the start by the April bombings at the Boston Marathon.

Marathon.

The morning after he cheered the victory inside Fenway Park, Ed Carlson returned Thursday to the marathon finish line he had crossed months earlier, 20 minutes before the bombs went off, and then had scrambled to find his children in the ensuing chaos.

"I t w a s

Quoted

"To be at the marathon and then be there for the World Series — I still tear up thinking about it."

Ed Carlson, Boston Marathon runner

quite a year," said Carlson, 51, of Princeton, Mass. "To be at the marathon and then to be there for the World Series — I still tear up thinking about it."

The success of the Red Sox, who finished last in their division

only a year ago, became a welcome surprise and eventually a symbol of resilience for a city recovering from the twin bombings that killed three people and wounded more than 260. People periodically stopped around the finish line on Thursday morning to offer a solemn tribute.

Carlson, who was taking in the scene with his 17-year-old daughter, wore a new Red Sox World Series Champions baseball hat along with the same blue and yellow marathon jacket he wore to every Sox game he attended over the season. At Wednesday night's game, he had his marathon medal in his pocket. **THE ASSOCIATED PRESS**



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Blue Jays

New hitting coach aims to use the whole field

Throughout last season Blue Jays manager John Gibbons lauded hitters who "used the whole field," could drive the ball gap-to-gap and were not wholly dependent on a pull-happy power stroke.

It's no surprise then that the hitting coach he and GM Alex Anthopoulos have hired to replace Chad Mottola is one who shares that philosophy.

The Jays announced Thursday that Gibbons' former colleague with the Kansas City Royals, Kevin Seitzer, has been named the team's new hitting coach.

Gibbons worked alongside Seitzer with the Royals for three seasons, from 2009 to 2011, when Gibbons was the team's bench coach.

Seitzer said he developed his philosophy from his personal experience and also "special conversations with some very good hitters," singling out George Brett, Paul Molitor, Dave Winfield and about a dozen of the game's best hitters from the '80s and '90s. **TORSTAR NEWS SERVICE**

NFL. Shanahan calls Haynesworth 'lazy'

Mike Shanahan levelled a scathing critique at Albert Haynesworth on Thursday, saying the former Redskins defensive lineman was "lazy" and had a "lack of passion" and "lack of character."

The Washington Redskins coach was responding to comments made this week by Haynesworth, who told Tennessee Sports Radio

that Shanahan is "conniving," self-centred and will run quarterback Robert Griffin III "into the ground."

Asked for his reaction, Shanahan began his answer and then stopped himself and started over — because he wanted to "say it the right way."

Then he hammered home a zinger.

"When you don't get along with somebody as a head

coach or an assistant coach, it usually falls into one of those areas — lazy, lack of passion, and a lot of times lack of character," Shanahan said. "And he fits all three."

Haynesworth signed a \$100-million free-agent contract with the Redskins in 2009, but he and Shanahan clashed frequently after the coach arrived in Washington a year later. **THE ASSOCIATED PRESS**

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Inbound. 200 kilos of weed found in Edmonton International last January

Edmontonians are just now learning about a huge marijuana seizure last January at Edmonton International Airport (EIA).

After a routine exam of unclaimed baggage following an inbound flight from Jamaica in January 2013, Canada Border Services Agency (CBSA) officers discovered 200 kilograms of wrapped brick marijuana in seven pieces of luggage.

The CBSA said details are late in becoming public because the case is still under investigation by the RCMP. Lisa White of the CBSA said the agency wants citizens to get the message that Canada's borders won't be used for illegal activity.

"We want Edmonton to know that thanks to the work of CBSA officers, a significant amount of marijuana didn't make it onto city streets last January," said White.



Weed found in a bag at Edmonton International in January.
COURTESY CBSA

Heather Hamilton, director of communications and marketing at EIA, said our airport is the fastest-growing in the country and so will continue to deal with cases like this.

"It's good to know the systems are working as they are supposed to," she said. "We're happy with the outcome."

LUCY HAINES/FOR METRO

ASIRT probe

Man Tasered by city police dies

A 39-year-old man Edmonton police Tasered last week has died in hospital.

The Alberta Serious Incident Response Team, which is investigating the incident, announced Thursday that the man had passed away in hospital on Wednesday.

The man had been in hospital since Oct. 24. Police came across an altercation involving a man and a woman in the area near 106A Avenue and 96 Street at 11:09 that night.

METRO

Wetaskiwin

Failed train rescue leaves two dead

An elderly man and woman are dead after one tried to save the other from the path of a freight train at a crossing in Wetaskiwin.

RCMP say the man, who was in his 80s, tripped and fell on the tracks at a major railway crossing in downtown Wetaskiwin.

Insp. Scott Tod said the woman, who was in her 70s, was pushing an empty wheelchair ahead of him.

She went back to help as the Canadian Pacific Railway train approached.

THE CANADIAN PRESS



Under the proposed utility budget, the average homeowner would pay about \$50 more annually for utilities, including waste collection. COURTESY CITY OF EDMONTON

Budget proposes higher utility bills

Funding upgrades. City's growth driving increase in costs



RYAN TUMILTY
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Homeowners can expect to pay about \$50 more annually for sewer, storm water and garbage services, according to a report going to city councilors next week.

The proposed 2014 utility budget details an increase of \$4.34 a month to help keep up with the costs of city growth

and other cost pressures.

Councillors were just getting into the budget documents Thursday, but Coun. Mike Nickel said he hopes the increase will be considered in its overall context.

"Any utility charge increase has to also be measured against the overall tax increase, because the customer only has one total bill at the end of the day," he said.

Nickel said on the campaign trail he heard from many residents concerned about rising tax and utility bills.

"They want us watching every penny we spend down here, so these increases can be

kept to a minimum," he said.

Coun. Ben Henderson agrees the city has to watch costs, but not at the expense of important upgrades and improvements.

"There is no free lunch on this kind of stuff unfortunately," he said.

The city is also proposing to speed up needed sewer upgrades in south Edmonton to prevent flooding.

The projects are currently not scheduled until the 2015-18 capital budget, but a proposal councilors will consider next week would jumpstart some of the smaller project with \$4.7 million.

Nickel said that drainage

Utility costs

- The annual increase includes \$25.44 for garbage pickup, \$16.44 for sanitary sewer upgrades and \$10.20 for storm sewer improvements.
- The total cost for the city's full flood-prevention program has been estimated at \$162 million.

work has to be a priority.

"Some people are at risk of losing their houses if they flood one more time," he said.

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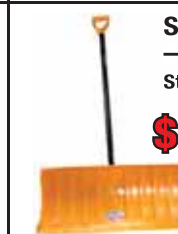
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AMERICAN BILLIONAIRE'S LOCAL VENTURE A MYSTERIOUS FAILURE



FOOTNOTES
Omar Mouallem
omouallem@gmail.com

Two months after opening, Plow & Harvest, a 200-seat restaurant in west Edmonton, shuttered its doors last week.

It was no surprise to the countless online and media critics who crucified it for its bad food, obnoxious "brand ambassadors" and the fact that a place that doesn't even have full service charged \$20 for a sandwich, pickle and drink.

When it opened, foodies such as myself were puzzled by the fact that the unknown owners hid behind a faceless Alberta corporation, Craft Kitchen Restaurant ULC, and hired a California consulting firm to do all the talking.

And talk they did, claiming that it was the "first restaurant of its kind" with a concept that was "new to Canada," as if no one — not MRKT, Under the High Wheel or longstanding smaller local restaurants — ever thought to make comfort food with regional ingredients before.

For a restaurant that espoused farm-to-fork, an ethos connecting diners with farmers, having silent owners was enigmatic to say the least. But foodies were too distracted by the epic fail to pay much attention.

"I was really offended by the arrogance and all these press releases that made it



This location, formerly the Plow & Harvest restaurant, closed down after roughly two months in business. LUCY HAINES/METRO

sound like the second coming," says CBC food critic and blogger Twyla Campbell, who was one of the first to attack Plow & Harvest.

For her ruthless blog post, Campbell even registered a legal search on the company, which listed the directors as lawyer Pat McDonald of Regina and Steve Christensen and J. Ricketts of Colorado.

Thanks to a tip on Twitter, we now know what that "J" stands for: Joe Ricketts, the billionaire patriarch of the family that owns the Chicago Cubs.

Ricketts also owns a Wyoming bison ranch, High Plains Bison, where Christensen is an executive; however, he's better known for his politics.

In the last U.S. federal election he planned and funded a \$10-million smear campaign

linking U.S. President Barack Obama to a controversial black reverend, but when Republicans condemned it, the campaign was scrapped. Instead, he put it toward a Romney Super PAC, Ending Spending, warning Americans against excessive public spending.

So what is a powerful Republican doing opening a restaurant in Edmonton? Wait — it gets weirder.

Last December, diners in Middleton, Wis. were flabbergasted to learn that a relatively new restaurant, Bison Jacks, had jacked up the prices of its \$6 bison hot dogs to \$20.

The owners, Ricketts and Christensen, offered no comment, leaving the manager to make this awkward comment to a local reporter: "I've been in the business 29 to 30 years

and this has never happened to me ... I have to look for a new job."

Like Plow & Harvest, Bison Jacks was an unusually large restaurant promising to be the first in a chain that would spread across the country.

So conspicuous was its failure that one Yelper speculated, "This place seems to be only open for some financial technicality ... like the owner needs it to fail miserably to reap the tax benefit or something."

Ricketts spokesperson Allan Mayer confirmed Ricketts as a co-owner, but denied that Bison Jacks or Plow & Harvest were set up to fail.

"It was not run as a tax loss operation," he said.

Mayer, who didn't know Plow & Harvest existed until a few days ago, said the restaurant just wasn't performing up to standards and Ricketts decided to refocus on his core business, bison.

But even the greenest restaurateurs know it can take years to turn a profit.

As for the \$20 hotdogs? It was a "marketing experiment" that, Mayer agreed, went awry and probably led to its closure.

I'm sure the dozens who lost their jobs and the farmers who banked on these big contracts would have liked to have known they were part of a billionaire's poorly planned experiments.

With such dim-witted decisions, one can only wonder how Ricketts ever became a billionaire.

Step it up, UWalk program urges

A program launched at the University of Alberta is encouraging people to get healthy one step at a time.

Titled UWalk, the program is a set of tools for groups and individuals to promote physical activity. While participants can log any workout, organizers are encouraging everyone to consider walking more, encouraging people to take 10,000 steps per day.

"It's easy for people to go out for a walk and fit it into your day," said Jill Carlson, the social marketing and communications co-ordinator for the program.

"We're all about encouraging everyone to find their



A new program at the U of A is hoping to get people taking steps to better health — literally. CONTRIBUTED

stride. Small steps do add up throughout the day. It's appealing for everyone."

Participants can track the numbers of steps they take in a day, pushing for higher and higher goals. While 10,000 steps in a day is used as a good

benchmark, Carlson said they are encouraging everyone to find their own baseline and make gradual improvements, walking more and more every week.

The UWalk program is, at its base, a set of resources for

people to get active. While the most visible part of the program is the individual step trackers, organizers are also encouraging people to form groups and challenge one another to get more active.

UWalk also features a set of badges for participants to earn. Breaking 5,000, 10,000 and 15,000 steps will reveal new badges, which can be shared with friends. Carlson said it's another way of encouraging people to push themselves while challenging their friends.

"Park that little bit further, take advantage of your lunch break. Take the photocopier in the floor below."

JUSTIN BELL/FOR METRO

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Quoted

"I have no reason to resign. I'm going to go back and return my phone calls. I'm going to be out doing what the people elected me to do and that's save taxpayers money and run a great government." Toronto Mayor Rob Ford



Quoted

"As a citizen of Toronto, I'm disappointed. This is a traumatic issue for the citizens of this city and for the reputation of this city, and that concerns me."

Toronto police Chief Bill Blair

Ford 'crack video' in police hands

Bombshell. Footage could go public amid court proceedings involving Toronto mayor's friend



JESSICA SMITH

Metro in Toronto

An associate of Toronto Mayor Rob Ford is heading to court Friday morning on an extortion charge that may give the public its best shot at seeing the infamous "crack video."

Toronto police Chief Bill Blair announced Thursday the force had recovered the video from a hard drive seized during "Project Traveller," a guns-and-drugs investigation, on June 13.

He said the video is "consistent" with media reports. The video allegedly shows the "mayor, obviously impaired, smoking what appears to be crack cocaine and making homophobic and racist slurs," reports said.

Police technical experts recovered the video after it had been deleted from a hard drive and gave it to investigators on Oct. 29. As a result, Alexander (Sandro) Lisi, Ford's friend and occasional driver, was charged with extortion. Police accuse him of "extortive efforts to retrieve a recording" of the video since April.

Blair said the video will be submitted to court as evi-

Staying put for now

Despite the pressure on Ford, municipal law makes no provision for his forced removal from office unless he's convicted and jailed for a criminal offence.

- "There's nothing we can do at this point," Ontario Municipal Affairs Minister Linda Jeffrey said.
- "The province has no power to remove anybody, and obviously we'd have to wait as the investigation unfolds as to next steps."

dence in this case, making it part of the public record. Media can request copies. However, if Lisi pleads guilty before evidence is introduced, the video may not be made public.

Blair also said there is more than one video, and he has seen them.

"There were several video files relevant to this investigation, and two videos that are particularly relevant to this investigation," said Blair.

His announcement came shortly after the release of partially redacted court documents pertaining to Lisi's arrest for trafficking on Oct. 1.

The documents show police tailed Ford, who called Lisi often and frequently met with him. Police observed Lisi passing plastic bags and envelopes to Ford.



Mayor Rob Ford walks past Halloween decorations on his way to talk to media at city hall in Toronto on Thursday. Ford says he has no reason to step down despite police confirmation they have seized a video that media have alleged appears to show him smoking crack cocaine. FRANK GUNN/THE CANADIAN PRESS

Clayton Ruby

Lawyer decries 'botched' probe

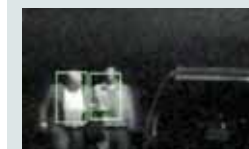
A renowned lawyer who failed to have Rob Ford ousted from office accused Toronto police on Thursday of deliberately giving the embattled mayor a pass on his alleged drug use and ties to accused and convicted traffickers.

Following police assertions they were now in possession of a video showing Ford appearing to smoke crack cocaine, Clayton Ruby was scathing about the investigation.

"The police have either ignored or overlooked all the evidence against Ford," Ruby told The Canadian Press.

"I've never seen such a botched investigation, and I've seen thousands."

Ruby called it "inexplicable" police never searched Ford's car or home, or wiretapped his phone. **THE CANADIAN PRESS**



A police surveillance photo of Toronto Mayor Rob Ford, left, and friend Alexander Lisi.

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Premier. Redford slams brakes on bill to take control of regional planning

Premier Alison Redford slammed the brakes Thursday on a province-wide regional planning bill amid concerns it would gut local authority and give her government absolute control.

Redford said the bill, which had been moving through the house at breakneck speed since Tuesday, will not be acted upon further until her officials hear more from municipal leaders.

"We believe that this (bill) will modernize the relationship between the provincial government and municipal leaders," Redford said outside Government House, where she met with her caucus.

The controversy is over a proposal to expand throughout the province work that is being done by the regional planning commission in the Edmonton area. The legislation would give the province power to set up regional growth boards, appoint board members, set board mandates and have the final say on all decisions.

Elected local leaders who

Opposition

Wildrose Leader Danielle Smith said the bill has the right idea horribly executed.

- "We all want to be able to see a proper growth planning council," she said. "But it has to start with ... respect for local autonomy. And you can't be threatening to put mayors and reeves in jail if you don't get what you want."

didn't work with the boards by filing all requested documentation would face a \$10,000 fine or a year in jail.

Opposition critics said such a law would effectively sideline municipalities and make their leaders little more than the province's puppets. They also said the bill was being rammed through the legislature with little to no chance for input.

THE CANADIAN PRESS

Pride flag to become artifact



This flag, raised earlier this year at the Edmonton Garrison, will be donated to the Royal Alberta Museum. METRO FILE

Museum. Flag first to fly over army base



RYAN TUMILTY
ryan.tumilty@metronews.ca

A history-making gay pride flag that flew over the Edmonton Garrison will become part of history Friday, as it is donated to the Royal Alberta Museum.

Master Warrant Office John McDougall, who initially asked the military to fly the flag, is donating it to the museum.

McDougall said when the base agreed to fly the flag earlier this year, it was an important recognition of the openness of the military.

"It was making it clear that the military is a very accepting, very tolerant organization that has the ability to show its acceptance," he said.

McDougall said the Canadian Forces has been open to gay soldiers for a long time, but the flag raising was an important symbol.

He said he is glad the flag will be kept in Edmonton where the history was made.

"It's a pretty significant piece of history, both military, politically and for the gay community," he said.

Deborah Andrews, with the Royal Alberta Museum, said they are excited to be accepting the flag.

"It just made sense for them to donate it, to keep it in the collection and in the story of Alberta," she said.

Quoted

"It was making it clear that the military is a very accepting, very tolerant organization that has the ability to show its acceptance."

Master Warrant Officer John McDougall

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Party tensions set the tone for Tory convention

Conservative quagmire. MPs and delegates have begun to arrive in Calgary amidst political controversy

A flood postponed their convention in the spring — now Conservatives are facing a deluge of political challenges as they gather in the party's

heartland.

The ongoing Senate expenses scandal and allegations of a coverup at the most senior levels is expected to be a hot topic in the convention corridors, even if the upper chamber is not officially on the agenda.

The Conservative caucus and senior ranks have been wearied by the controversy. Some say they have felt broadsided by constant bursts

of new information — including embattled Sen. Mike Duffy's latest revelation that the party paid \$13,500 for his legal fees. That's in addition to the \$90,000 the prime minister's chief of staff secretly gave to Duffy to repay contested living expenses.

But the roller-coaster ride in Ottawa hasn't appeared to put a damper on registrations for the convention.

MPs and delegates began

streaming into the city Thursday, as registration opened at the Calgary stampede grounds — an area that was underwater during the June floods.

Party president John Walsh says despite the change in dates due to this spring's flooding in Alberta, he predicts a record 3,000 people will attend Stephen Harper's keynote speech Friday night.

THE CANADIAN PRESS



A cameraman adjusts his camera in the main hall at the Conservative convention in Calgary Thursday. JEFF MCINTOSH/THE CANADIAN PRESS

Britain. Prosecutor enlivens phone-hacking trial with sexy allegation

In a blockbuster court declaration in Britain's phone-hacking trial, prosecutor Andrew Edis says two of Rupert Murdoch's senior tabloid executives — Andy Coulson and Rebekah Brooks — had an affair lasting at least six years.

The affair covered the period when she was editor of Murdoch's News of the World tabloid and Coulson was her deputy. Coul-

son later edited the same paper and then became a top media adviser to Prime Minister David Cameron.

Edis made the disclosure Thursday during Coulson and Brooks' trial on phone-hacking allegations, the first major criminal case to go to court in the hacking saga. Coulson, Brooks, and her husband, Charles, all deny the charges against them.

THE ASSOCIATED PRESS



Former News of the World editor and Downing Street communications chief Andy Coulson, left, and Rebekah Brooks had an affair, court was told Thursday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Quebec

Man rescued months after bear attack

A man has been rescued, clinging to his life, after spending three months in a remote forest in Quebec during which he survived a bear attack.

Police are sharing the improbable story of Marco Lavoie, 44, an experienced hiker who set off on what was supposed to be a two-month excursion on July 16, 2013. Police can't say exactly when the bear attack occurred but it was likely in mid-August.

THE CANADIAN PRESS

Three pumpkins

Jacked-up-o'-lantern

Montreal border officials have stumbled upon a Halloween surprise.

The Canada Border Services Agency says a woman was arrested Thursday with three pumpkins in her luggage at Montreal's Trudeau International Airport. The pumpkins were allegedly stuffed with two kilograms of what is believed to be cocaine.

The CBSA says that since the beginning of 2013, Montreal's airport has had 173 drug seizures. Ten of those involved cocaine.

THE CANADIAN PRESS

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Kenyan women demand justice for rape victim

Rally protests teen's gang-rape. Police freed suspects after making them cut grass as punishment

Hundreds of women in Kenya are protesting after a teenager was allegedly gang-raped and the only punishment for the suspects was that they had to mow the police station lawn.

About 300 women marched through Kenya's capital on Thursday to protest the alleged rape of a 16-year-old girl publicly identified only as Liz.

The online activist group Avaaz says Liz was gang-raped in June and she is now wheelchair-bound. The group says police arrested the suspected perpetrators but only made them cut grass at the police station as punishment.

More than 1.3 million



Hundreds of women protest at a demonstration in Nairobi, Kenya, Thursday, after a teenager was allegedly gang-raped in June and no one was jailed. Police who arrested the suspected perpetrators freed them after only making them cut grass at a police station as punishment. THE ASSOCIATED PRESS

people have signed an Avaaz petition calling for the prosecution of the alleged rapists and an investigation of the

police who freed the suspects.

One protester, Fanis Lisegali, noted that Liz now suffers from health problems, including a fistula. Lisegali said he wants the government to ensure that justice is carried out. THE ASSOCIATED PRESS

Remains of 360 people dug from Bosnia grave

Two decades after Serb soldiers conducted house-to-house searches in a campaign of ethnic killings in Bosnia, forensic scientists are digging up what could turn out to be the largest mass grave from the 1992-95 war.

So far, the remains of 360 people have been found at the Tomasica mass grave discovered in September near the northern town of Prijedor, far more than expected, authorities said Thursday. The number is expected to rise and could one day surpass the 629 bodies found at Crni Vrh in Srebrenica.

The Missing Persons' Institute said the Tomasica grave is linked to a secondary one found in 2003 about 10 kilometres away, where 373 bodies were extracted. Authorities believe the killers moved parts of the remains from one grave to the other to hide the crime. The bodies are of Bosniak and Croat men, women and children killed in their villages during the war. Most of the victims were killed in their villages but teams have also found bullets in the grave, which indicates this was also an execution site.

THE ASSOCIATED PRESS



Forensic experts search for human remains at a mass grave in Tomasica, near the Bosnian town of Prijedor, on Thursday. AMEL EMRIC/THE ASSOCIATED PRESS

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CSIS rapped for improper sharing

Detained. Montreal man claims he was tortured by Sudanese intelligence officials

Canada's spy agency inappropriately disclosed personal and classified information about a Montreal man while

he was imprisoned in Sudan, says a federal watchdog.

In its annual report tabled Thursday, the body that reviews the activities of the Canadian Security Intelligence Service also says CSIS reported inaccurate and exaggerated information about Aousfian Abdelrazik's case.

Abdelrazik, 51, was ar-

rested but not charged during a 2003 visit to see his ailing mother in Sudan.

While in Sudanese custody, he was interrogated by CSIS about suspected extremist links.

In its report, the Security Intelligence Review Committee found no indication that CSIS had asked Sudanese authorities to arrest or detain

Abdelrazik.

However, in the months prior to his arrest abroad, CSIS did keep its foreign intelligence allies up to date on any fresh information gleaned from the investigation of Abdelrazik, who denies any involvement with terrorism.

The review committee also found that Sudanese au-

thorities remained under the mistaken impression that Canada, including CSIS, had supported the original decision to arrest and detain Abdelrazik.

Abdelrazik, who has four children, finally returned to Montreal in June 2009. That same month, the Federal Court of Canada concluded CSIS was complicit in his

2003 detention.

Abdelrazik claims he was tortured by Sudanese intelligence officials during two periods of detention, but Canada says it knew nothing of the alleged abuse.

He is suing both the federal government and former foreign affairs minister Lawrence Cannon.

THE CANADIAN PRESS

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Rome: Activists clash with riot police over housing

Activists, some wearing Guy Fawkes masks, clash with Carabinieri police in riot gear during a demonstration in Rome on Thursday. Clashes between police and activists broke out during a demonstration by protesters demanding rights to have a home when police prevented the marchers from reaching a nearby location where a meeting between representatives from the government, regional authorities and city hall was taking place to discuss housing policies in the capital.

MAURO SCROBOGNA/LAPRESSE/THE ASSOCIATED PRESS

Moving on. Snowden now has tech job at Russian website, lawyer says

Anatoly Kucherena, a lawyer for former NSA systems analyst Edward Snowden, says his client has found a technical support job at a Russian website.

Kucherena told the RIA Novosti news agency Thursday that Snowden starts his new job on Friday. Kucherena declined to name the company that has hired Snowden but says it's a major Russian website.

The 30-year-old faces espionage charges in the U.S. for uncovering a mass surveillance scheme at the National



Edward Snowden
GLENN GREENWALD AND LAURA POITRAS/
THE GUARDIAN/THE ASSOCIATED PRESS FILE

Security Agency.
THE ASSOCIATED PRESS

Cathy Burden: Serving a purpose

LUCY
HAINES
For Metro

When Cathy Burden retired from full-time work a few years ago, she knew she still wanted to be busy and contribute in the community.

After looking online at various charities, Burden knew she wanted to do something active — no more sitting at a desk for her. She loved cooking and being in the kitchen so she chose Meals on Wheels. And that's where she can be found each Wednesday morning (twice a week during winter months) doing anything that involves meal preparation — cutting sandwiches, chopping carrots and celery, or packaging some 300 hot meals for delivery to seniors across the city.

"When I worked in the medical office, I saw elderly people every day — some were lacking nutrition — and I thought, someday we'll all be

in the same boat," Burden said.

While Burden said her life had simply been her husband and two children for many years, she has now found purpose in the Meals on Wheels kitchen, standing alongside other volunteers on the hot-line meal assembly, scooping beef stew, mashed potatoes, whatever is on that day's menu.

"I'm totally in my element," Burden said. "It feels good to be on my feet. I never worked in a restaurant, but I love everything about being in this kitchen."

Burden said she gets her family to help with fundraisers and has even coaxed her sister to donate vegetables to Meals on Wheels.

"I spread the word," she said.

Kerryn North, manager of marketing and fund development at Meals on Wheels, said there is no way the organization could produce the volume of meals it does with-

Feeling good

"It's nice to hear you're appreciated, but it's the volunteering that makes me feel good."

Cathy Burden

out volunteers like Burden.

"Cathy is one of our regulars," North said. "The staff can count on her. Having people like her means less supervision is needed — we're more productive that way."

For Burden, who maintains a part-time bookkeeping job, nothing beats being on the prep line, or hearing volunteer drivers tell her that one of the senior clients is thankful for their meal.

"It's nice to hear you're appreciated, but it's the volunteering that makes me feel good," she said.

"Now if they could only get rid of the hairnets. Maybe a pretty hat instead?"



Cathy Burden volunteers in the kitchen at Meals on Wheels. CONTRIBUTED

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Nominee's First Name	Nominee's Last Name
Nominee's email*	Nominee's City, Province

Nominee's genuinely good story:

☐ I have permission from the Nominee to submit their story, personal information, and photo as set out in the above and confirm compliance with the official rules. ***Mandatory**

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Place in envelope, and mail to:

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The dream of lazy people everywhere. Amazon set to deliver groceries to you

Online retailer Amazon is taking on supermarkets by delivering food directly to Canadians' doorsteps.

The retail giant, which built its business selling books and entertainment through the mail, launched its new grocery category Thursday, in what's certain to be an intensifying battle between grocers.

Amazon says the initial selection includes 15,000 non-perishable grocery products, like coffee, cereal and baby food, from a variety of brands such as Campbell, Nestle, Pepsi and Kellogg.

While the launch doesn't include perishables like milk, fruits or vegetables, it's a strong sign that Amazon wants to make inroads in an area of the food business that hasn't been tapped by any company in Canada outside of major cities.

Tailoring the experience

"No one customer is the same, so our focus is on providing a broad selection of brands so that customers can easily and instantly find and buy exactly what they are looking for."

Amazon.ca country manager Alexandre Gagnon, in an emailed response

The strategic move will make it tougher for the country's biggest grocers like Loblaw's, Sobeys and Metro, who have been focused in the last few years on competing against U.S. big-box retailers like Target and Walmart.

THE CANADIAN PRESS

Fired for being late

Disabled Walmart greeter gets job back after outcry

Walmart is giving a disabled Colorado man his job back after he was fired as a store greeter for clocking in late after lunches.

Matt Wood suffered a brain injury in a car crash and has worked for Walmart since 2008. His wife says new managers complained about his time management.

THE ASSOCIATED PRESS

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Dow Jones: 15,545.75 (-73.01)

Goodfella turned chef: The kitchen consigliere

Take the cannoli.

Instead of swimming with the fishes, Angelo Lutz is serving up fish dishes, and other classic Italian fare

When he was on trial for racketeering, Angelo Lutz denied the Mob's existence, but now he's using his past in organized crime to promote his new restaurant, the Kitchen Consigliere.

The sign out front echoes the logo for The Godfather, but with a chef's hat. A mural on one wall puts Lutz, also known as Fat Ange, at a table with famous gangsters, both real (John Gotti) and fictional (Tony Soprano). Sconces to hold lights look like 9-mm handguns.

Lutz is using some unsavoury associations as he attempts a transformation from prisoner to opinionated celebrity chef.

Last week, he moved his operations from an 11-table restaurant to one three times as large on a prominent corner of the hip, foodie-friendly Philadelphia suburb of Collingswood.

Lutz, 49, grew up in South Philadelphia, where food was a big part of his life. According to federal prosecutors and a jury, he also did some bad along the way.

He was one of seven men convicted in a 2001 Mob trial that made him a celebrity. He was the only non-"made" member of La Costa Nostra in the case and the only defendant allowed bail during the trial. And he talked and talked while he was out, calling into a sports talk radio show and cooking steaks for a TV news reporter.

The night before he entered prison, he cooked for his own going-away party, leading one



Angelo Lutz, who served several years in prison for racketeering and extortion, plays up his criminal past in the decor of his restaurant — complete with cheesy gun lamps and faux bullet holes in a door. MATT ROURKE/THE ASSOCIATED PRESS

TV reporter to call him "the kitchen consigliere."

In prison, he grew to well over 400 pounds and learned more about cooking, including how to use a microwave to bake a pizza made from flour stolen from the kitchen.

When he got out in 2008, Lutz did some online cooking shows before opening his first restaurant in Collingswood, N.J.

But when it came time to move to bigger digs, there was a problem: "I couldn't get conventional bank loans because I'm a felon. I broke the law," he said, slapping his arm. "Shame

Difference of opinion

"I never considered myself a gangster. I'm not a gangster. The government considered me a gangster. The government considered me a Mob associate.... But what I am now is a businessman."

Angelo Lutz, one of seven men convicted in a 2001 Mob trial that made him a celebrity

on you forever, for life."

He raised nearly \$100,000 for renovations from investors and crowd-funding for his restaurant, which features home-style Italian classics.

Lutz doesn't want to stop with his Collingswood restaurant. He has designs on open-

ing franchises of his restaurant in other cities known for their gangsters, licensing products with his brand, starring in a reality TV show and starting a foundation to help other ex-prisoners become entrepreneurs.

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KITTY DOUBLES AS CANDY MAN

1 Diploma-see? North Korea's Kim Jong-un received an honorary PhD from a private Malaysian university. The institution bestowed the leader with a doctor of economics degree. Dr. Kim will, no doubt, wield the title with a straight face while governing one of the world's most dysfunctional countries, but on the bright side, maybe now he can get another job.

2 Spy vs. spy. There was an outcry of shock and disbelief in Europe after discovering that the U.S. National Security Agency was listening in on high-ranking Spanish, German and French officials. Government spokespeople issued disapproving statements with words like "disgraceful," or "appalling," referring of course to the act of getting caught.

3 Mama say what? Just months after Kim Kardashian gave birth to her daughter, the reality star is thinking of posing for Playboy again. Apparently, she is eager to show all of those people that made fun of her weight gain that she is hot again. Way to go,



THE METRO LIST
Mike Benhaim
metronews.ca

Kimmy. It's nice to see those maternal instincts kicking in.

4 Here's lookin' at you. Employing eye-tracking technology that measures, in milliseconds, how long the eyes are fixed on certain spots, a new study revealed that men spent more time on women's bodies than their faces. Before this technology, scientists lacked conclusive proof as they relied solely on verbal information, which brings us to two conclusions: Men are perverts, AND liars. And people say we don't spend enough on education.

5 Oops. A teaching assistant at the University of Iowa sent her math students an email saying, "Hi Class, I attach the solutions for number 76 and 78." Instead, she accidentally sent nude pictures of her and a man pleasuring themselves. The images went viral immediately, but even more regrettable was that some students spent the entire night trying to figure out how those images could possibly add up to the square root of a prime

number.

6 The pusher. A cat in the European Republic of Moldova had been travelling freely in and out of the local prison through a hole in a fence. Suspicious guards apprehended the feline and discovered two packets of cannabis attached to its collar. The cat's lawyer argued that it was prescribed for a medical condition, and drew a plea bargain in exchange for the whereabouts of a long sought-after bunny rabbit that had been hiding out nearby.

7 This week in music. In 1998, Cher became the first woman over 50 to have a No. 1 single in the U.K. with Believe. But when Cher does something, she goes all the way. The song hit No. 1 in another 22 countries as well. That was 15 years ago, and she probably has one left in her.

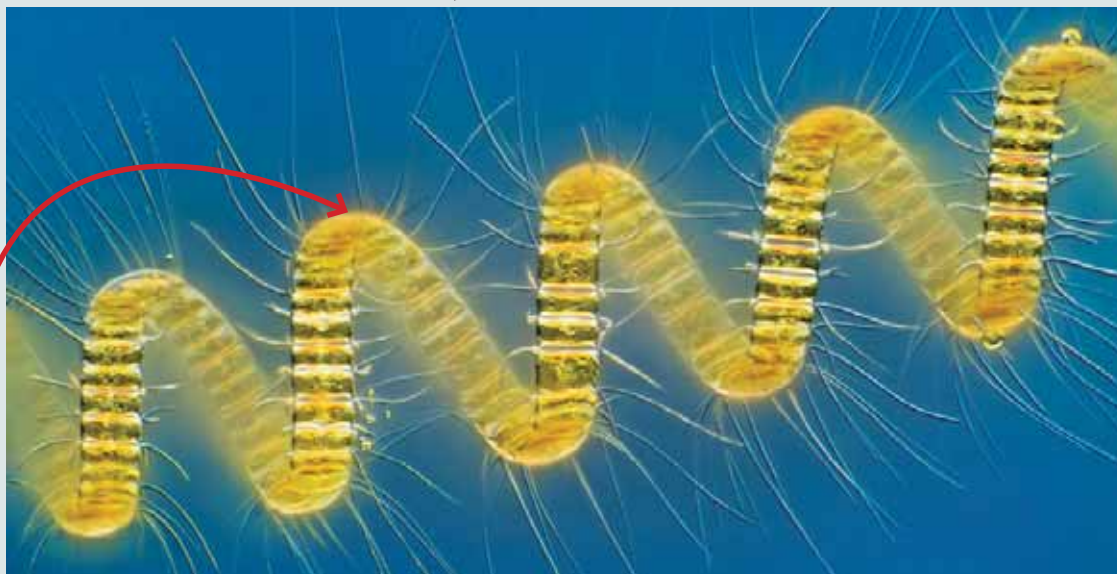
8 Walk on the Wild Side. This week, we lost rock 'n' roll pioneer Lou Reed, lead singer and songwriter for one of the greatest bands to barely sell any records, The Velvet Underground. Lou was a poet and innovator of change. He walked softly with purpose, blazing a trail for all who followed. He will be missed.

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Twitter @TheMetroList



ZOOM

Here little phytoplankton...



COURTESY WIM VAN EGMOND/NIKONSMALLWORLD.COM

Marine diatom pic wins contest

An image of a hairy, coiled yet sublimely beautiful phytoplankton has won this year's Nikon Small World Photomicrography Competition, which showcases the best photographs taken through the microscope.

The picture of *Chaetoceros debilis*, a marine diatom, was captured by Dutch photographer Wim van Egmond. **METRO**

Q and A

'They are tragically beyond our perception'



WIM VAN EGMOND
Photographer, 47,
from Berkel en
Rodenrijs, the
Netherlands

What exactly is it?

This particular species forms a colony in the shape of a chain like a helix. I gathered this sample from the North Sea by

the Dutch coast.

Why is taking photographs of plankton so important?

I'm basically shining a light on a world that we know very little about, but one that is so important to our existence. Diatoms produce almost half of the Earth's oxygen through photosynthesis in our oceans. What's more, diatoms and other plankton are the foundation of the food chain in the

natural world. Their role in our lives cannot be understated, but since diatoms seem invisible to us, they are tragically beyond our perception.

You're a die-hard diatom fan ... Yes, they are so wonderful and bizarre; with 25,000 different species of them, with no two individuals exactly alike, diatoms are an endless source of inspiration. This is the basis from which all life started. **METRO**

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

While I'm not advocating for public shaming or mob justice, once in a while, people just have to be put in their place. And sometimes, just sometimes, that only works if someone's watching. Luckily, when it comes to Twitter, someone (or some algorithm) is always watching. Consider yourself warned.

@yesyoureracist:

Generally, if someone starts a sentence with "I'm not racist, but ..." they are clearly racist. This bot retweets those fools in an attempt to school them out of their idiotic, backwater ways. Halloween should be a particularly busy time for this bot with people still asking, "Why is blackface racist?"

@yesyouresexist:

The lesser-known offspring of @yesyoureracist works in the same way but, as imagined, calls people out on their sexist slip-ups. "I'm not sexist but females never have valid opinions on sports." Jerk.



DANNYBIRCHALL/Flickr

Twitter



@metropicks asked: What's the best way to explain to an eight-year-old the calamity that is @TOMayorFord? #toronto #TOpoli #RobFord

@SmidorTyutin: "Remember the time daddy had too much beer? This miserable son of a b--ch has had too much beer all the time."

@AdamAJTupper: You stay away from that Mayor Ford. He likes death candy and calls people bad names on video when he has that candy

@MauriXXI: and that is why he has to resign...

@nataliegtherapy: Haven't U heard 'There Ain't No Crack Video'? song re #RobFord #TOpoli

@FrenchmanCanada: Ford couldn't get his own reality TV show so he decided to run for mayor. He got elected. And then we got the best show to watch

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WEEKEND, November 1-3, 2013

SCENE

21

Synopsis

When Tim Lake (Domhnall Gleeson) turned 21 his father (Bill Nighy) lets him in on a family secret — he comes from a long line of time travelers. With visions of inter-dimensional travel in his head he does what any 21-year-old might do — use his unique ability to get a girlfriend. The object of his affections is Mary (Rachel McAdams), but to win her over he'll have to use his special gift to hone his Casanova skills. As they live their lives together he comes to discover that not everything can be solved with a quick trip back in time.

- Richard: ●●●●●
- Mark: ●●●●●

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



About Time, starring Rachel McAdams and Domhnall Gleeson, opens this weekend. CONTRIBUTED

Running out of Time

About Time. Rachel McAdams continues to take on time travel movies but the latest seems to hit the right note with a sentimental approach

Richard: Mark, this is the kind of movie critics will call sappy and sentimental. They'll bash it because it wears its heart on its sleeve, which is exactly the reason I liked it.

After The Time Traveler's Wife it's time Rachel McAdams got a time travel romance right. It's a silly premise but for me the idea wasn't about the time travel, but the lessons Tim learns

from the time travel about life and happiness. What did you think?

Mark: Richard, as you know, I am no fun. No fun at all. So I spent most of the movie looking for paradoxes in the physics of the time travel conceit. Like all time travel movies, it sets up arbitrary rules, and then breaks them all over the place.

The movie features two of the worst haircuts in the history of cinema, and a romance I didn't really care about. But there's another deeper movie in there, which is a movie about fathers and sons, and I liked that part very much. Sentimental? Yes, but I felt that part of the movie worked better than its rom-com components. Of course, it could have been the haircuts.

RC: I didn't actually care much about the romance angle or the time travel. I was drawn to the film because of Domhnall Gleeson's charming and slightly goofy performance.

If John Hughes had made British films he would have loved this guy. He does have a bad haircut, but I thought he was a charming, if unlikely, leading man. He has a way with a line and I felt there was a real arc to his character. He literally grows up and becomes a man on screen, which is something you don't see in rom-coms very often.

MB: True enough, although I always thought there should be a law barring gingers from appearing in television and film.

I liked a lot of the scenes in the movie, especially one set in one of those noir restaurants, where you eat in total darkness. It's a literal blind date, and a nice twist on "meeting cute." Bill Nighy is wonderful in the movie, as he always is, and Rachel McAdams does a good version of cute, although she looked about five years too old for the part.

But then Gleeson would go into a closet and ball his fists and ... some of the goodwill was lost for me.

RC: Richard E. Grant's three-minute cameo is almost worth the price of admission. He has one of the best reaction shots I've seen this year.

MB: And a similar hairline as Nighy. Hmmm....

2
SCENE

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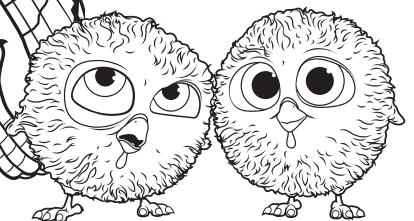
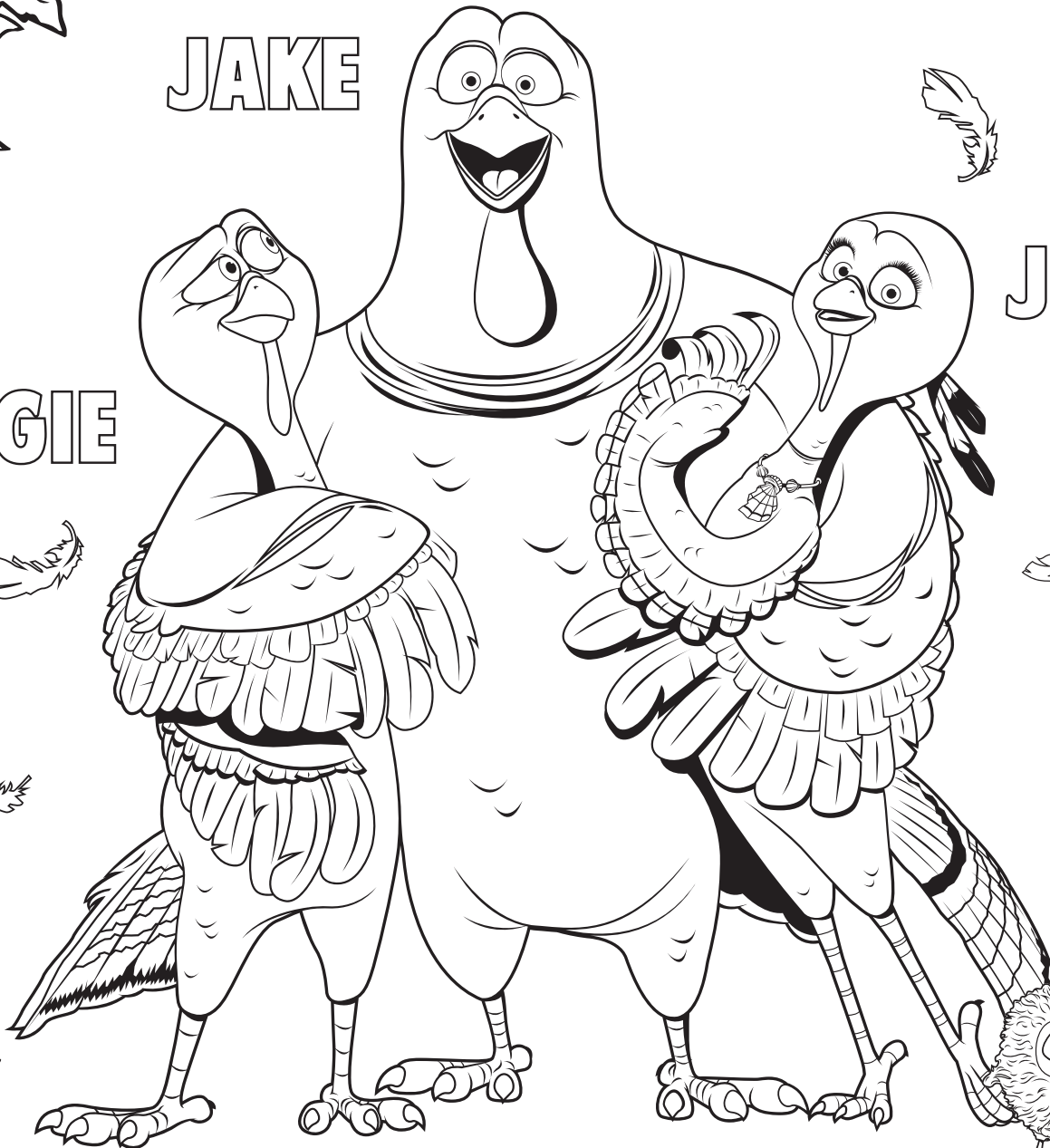
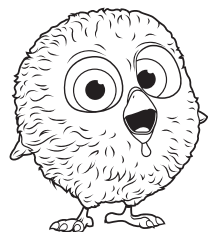
Owen Wilson Woody Harrelson Amy Poehler

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Zombies

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scene@metronews.ca

The Hunting Part 1
iPhone
Free

Filmed over two years using an iPhone for an impressive first-person experience, this episodic zombie adventure is a smart, terrifying mix of ominous quiet, distressed loved ones and heart-pounding chases.

There's more to Loki
than long black hair

Thor: The Dark World. Tom Hiddleston is OK with not reprising his role in the next Avengers because he's busy with other projects



**NED
EHRBAR**
Metro World News in Hollywood

Tom Hiddleston has made a name for himself as Thor's brother and main nemesis, with Thor: the Dark World marking his third big-screen turn as the Norse god of mischief. Hiddleston even showed up to Comic-Con this summer in character to delight fans during the Marvel presentation, though his character won't be appearing in Avengers: the Age of Ultron. But that's fine by Hiddleston, who has plenty

of other projects to keep him busy.

What was your honest reaction when Joss Whedon told you Loki would not be in the second Avengers film?

My honest reaction was, "That's fine." I never wanted to overstay my welcome, and I've had such a good run with the character. I've enjoyed it so much. It was expected, to be honest, that Joss told me he wasn't going to put me in it. So yeah, my honest reaction was, "All right. Maybe it's time for me to play a few characters who don't have long black hair."

Between your turns at playing Loki, you've also been working in some independent films and a ton of Shakespeare. How do you approach jumping between so many diverse projects?

I honestly love doing them all; it's really true. I get so

many different things from each. I've never wanted to impose limits on my work. Actors make the best choices they can in the moment, and quite often the way the picture is assembled, it looks like there's been some grand master plan, but actually it's all very accidental. I just have a genuine love for it all. I suppose I've always wanted to be able to jump between things. I never wanted to be just the Shakespeare guy and I certainly never wanted to be just the superhero guy or even the indie kid. I should be so lucky, frankly, that I get to do any of these things. I think the variety really keeps me sharp. I had a day between getting back from Tangier (for Jim Jarmusch's Only Lovers Left Alive) and starting on Thor 2. The head shift was very quick. I finished with Tilda (Swinton); I flew back from Morocco; I put my clothes in



Tom Hiddleston returns as Loki next Friday in Thor: the Dark World.

CONTRIBUTED

the washing machine and the next morning I got up and I was in Asgard with Chris Hemsworth. And I love that.

I love that that's what my life is. Here I am talking to you, then I'll go home and I'll start Coriolanus. It's nice.

PETER TRAVERS, *RollingStone*

"A GAME-CHANGING MOVIE EVENT"

LOU LUMENICK,
NEWYORKPOST

★★★★★
"ABSOLUTELY
ESSENTIAL
VIEWING."

CHIWETEL
EJIOFOR MICHAEL
FASSBENDER BENEDICT
CUMBERBATCH
PAUL
DANO PAUL
GIAMATTI LUPITA
NYONG'O
SARAH
PAULSON BRAD
PITT ALFRE
WOODARD

12 YEARS A SLAVE
A FILM BY STEVE MCQUEEN



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Animated



Free Birds

Director. Jimmy Hayward

Stars. Owen Wilson,
Amy Poehler

● ● ● ● ●

A ridiculous series of events sends Reggie (Wilson) on a mission to stop his fellow fowl from being served at the first Thanksgiving and thus save millions of birds from becoming the centerpiece of the traditional meal for the rest of history. One should expect a certain level of unreality from a film about time-travelling turkeys. But Free Birds is so far-fetched and implausible that it's practically unwatchable. Even comedic favourites Wilson and Poehler can't breathe any life into the absurd plot.

REGAN REID

Action



Ender's Game

Director. Gavin Hood

Stars. Asa Butterfield,
Harrison Ford

● ● ● ● ●

According to Orson Scott Card's hit novel Ender's Game, the future of mankind rests on turning kids into extraterrestrial killing machines and cadet commander Harrison Ford has his sights set on one conflicted adolescent saviour. While the drama is solemnly serious and short on fun, the performances (especially young Asa Butterfield) are decent and the effects entertaining enough to likely keep many kiddies captivated. For the rest of us, Ender's Game is simply played out.

STEVE GOW

Comedy



Last Vegas

Director. Jon Turteltaub

Stars. Robert De Niro, Michael Douglas, Morgan Freeman and Kevin Kline

● ● ● ● ●

Take every cliché about ageing Lotharios, blend in barroom brawls, boobs and booze, add four ageing Academy Award winners doing embarrassing things and you have Last Vegas. The Flatbush Four childhood pals reunite in Vegas to celebrate one's marriage to a 32-year-old, but a woman of a more appropriate vintage (Mary Steenburgen) enters the picture, dividing the group. Cardboard characters deliver lines that sound hollow. Considering the talents involved it's a shame.

ANNE BRODIE

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 1 TO THURS., NOV. 7 TIMES ARE SUBJECT TO CHANGE.

City Centre 9 Cinemas 10200 102nd Ave.

About Time (14A) Bargain Matinee, DTS Digital Fri-Sun 12:05-3:20-6:45-9:40
Bargain Matinee, DTS Digital Mon 3:20-6:45-9:40 Bargain Matinee, DTS Digital Tue 12:05-3:20-6:45-9:40 Bargain Matinee, DTS Digital Wed-Thu 3:20-6:45-9:40
Captain Phillips (PG) DTS Digital, No Passes, Stadium Seating Fri-Sun 12-3:15-6:30-9:35 DTS Digital, No Passes, Stadium Seating Mon 3:15-6:30-9:35 DTS Digital, No Passes, Stadium Seating Tue 12-3:15-6:30-9:35 DTS Digital, No Passes, Stadium Seating Wed-Thu 3:15-6:30-9:35
Carrie (14A) Bargain Matinee, No Passes, Stadium Seating Fri-Sun 9:55 Mon 9:55 Bargain Matinee, No Passes, Stadium Seating Tue 9:55 Wed-Thu 9:55
The Counselor (14A) Bargain Matinee, DTS Digital, Stadium Seating Fri-Sun 12:50-4:05-6:55-9:50 Bargain Matinee, DTS Digital, Stadium Seating Mon 4:05-6:55-9:50 Bargain Matinee, DTS Digital, Stadium Seating Tue 12:50-4:05-6:55-9:50 Bargain Matinee, DTS Digital, Stadium Seating Wed-Thu 4:05-6:55-9:50
Ender's Game (PG) Fri-Sun 12:20-3:40-6:50-9:50 Mon 3:40-6:50-9:50 Tue 12:20-3:40-6:50-9:50 Wed-Thu 3:40-6:50-9:50
Escape Plan (14A) Bargain Matinee, Stadium Seating Fri-Sun 12:30-3:50-6:40 Bargain Matinee, Stadium Seating Mon 3:50-6:40 Bargain Matinee, Stadium Seating Tue 12:30-3:50-6:40 Bargain Matinee, Stadium Seating Thu 3:50
Free Birds (G) Bargain Matinee Fri-Sun 12:10-6:35 Bargain Matinee Mon 6:35 Bargain Matinee Tue 12:10-6:35 Bargain Matinee Wed-Thu 6:35
Free Birds 3D (G) Bargain Matinee Fri-Thu 3:30-9:30
Gravity (PG) Bargain Matinee, DTS Digital Fri-Sun 12:45 Bargain Matinee, DTS Digital Tue 12:45
Gravity 3D (PG) No Passes, DTS Digital, Stadium Seating Fri-Thu 3:25-7-9:25
Jackass Presents: Bad Grandpa (14A) Bargain Matinee, DTS Digital, Stadium Seating Fri-Sun 12:25-3:45-7:10-10:10 Bargain Matinee, DTS Digital, Stadium Seating Mon 3:45-7:10-10:10 Bargain Matinee, DTS Digital, Stadium Seating Tue 12:25-3:45-7:10-10:10 Bargain Matinee, DTS Digital, Stadium Seating Wed-Thu 3:45-7:10-10:10
Last Vegas (PG) Bargain Matinee, DTS Digital Fri-Sun 12:35-4-7:15-10:05 Bargain Matinee, DTS Digital Mon 4-7:15-10:05 Bargain Matinee, DTS Digital Tue 12:35-4-7:15-10:05 Bargain Matinee, DTS Digital Wed-Thu 4-7:15-10:05

Clareview 10 Cinemas 4211 139th Ave.

Captain Phillips (PG) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:40-9:10 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:30-3:35-6:40-9:10 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:40-9:10
Carrie (14A) No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:50-9:20 No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:40-3:05-6:50-9:20 No Passes, Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:50-9:20
Cloudy With a Chance of Meatballs 2 (G) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri-Wed 6:55
Cloudy With a Chance of Meatballs 2 3D (G) Dolby Stereo Digital, Stadium Seating Fri 9:10 Dolby Stereo Digital, Stadium Seating Sat-Sun 1-3:25-9:10 Dolby Stereo Digital, Stadium Seating Mon-Wed 9:10
The Counselor (14A) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:30-9:40 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:50-3:30-6:30-9:40 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:30-9:40



Cameron Diaz and Penélope Cruz are just two parts of the Counselor's star-studded cast. CONTRIBUTED

Ender's Game (PG) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:55-9:35 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:35-3:20-6:55-9:35 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:55-9:35
Escape Plan (14A) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 7-9:40 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 1:05-3:45-7-9:40 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 7-9:40
Free Birds (G) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:30 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:55-6:30 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:30
Free Birds 3D (G) Dolby Stereo Digital, Stadium Seating Fri 9 Dolby Stereo Digital, Stadium Seating Sat-Sun 3:15-9 Dolby Stereo Digital, Stadium Seating Mon-Thu 9
Gravity (PG) Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:40
Gravity 3D (PG) Dolby Stereo Digital, Stadium Seating Fri 6:35-9 Dolby Stereo Digital, Stadium Seating Sat-Sun 3:15-9 Dolby Stereo Digital, Stadium Seating Mon-Thu 6:35-9
Jackass Presents: Bad Grandpa (14A) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:45-9:15 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:45-3:10-6:45-9:15 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:45-9:15
Last Vegas (PG) Digital Presentation, Dolby Stereo Digital, Stadium Seating Fri 6:50-9:25 Digital Presentation, Dolby Stereo Digital, Stadium Seating Sat-Sun 12:50-3:40-6:50-9:25 Digital Presentation, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:50-9:25
Thor: The Dark World 3D (STC) Digital Presentation, Stadium Seating Thu 8

Metro Cinema at the Garneau 8712 109 St.

Annie Hall (STC) Sun 12:45 Thu 9
Argo (14A) Sat 2:15 Mon 8:45
Blue Jasmine (PG) Fri 9 Sat 4:30 Sun 7:15 Tue 9:15 Thu 7
Casting By (PG) Sat 9:30
Heima (STC) Tue 7
Kinngait: Riding Light Into the World (STC) Wed 7

Our Man in Tehran (PG) Fri 7 Sat 12:30
Sun 9:15 Mon 7 Wed 9:15
The Room (STC) Fri 11:30
A Touch of Sin (STC) Sat 7

Movies 12, 5074 130 Ave.

The Conjuring (14A) Fri-Thu 3:45-10
Despicable Me 2 (G) Fri-Sun 1 Tue 1
Despicable Me 2 3D (G) Fri-Thu 3:50-7:10-9:40
Elysium (14A) Fri-Sun 1:35-4-6:45-9:25
Mon 4-6:45-9:25 Tue 1:35-4-6:45-9:25
Wed-Thu 4-6:45-9:25
Grown Ups 2 (PG) Fri-Sun 1:05-7:30 Mon 7:30 Tue 1:05-7:30 Wed-Thu 7:30
Ishq Garaai (PG) Fri-Sun 1:40-4:35-7:40
Mon 4:35-7:40 Tue 1:40-4:35-7:40 Wed-Thu 4:35-7:40
Krrish 3 (STC) Fri-Sun 1:55-5-9 Mon 5-9 Tue 1:55-5-9 Wed-Thu 5-9
Lee Daniels' The Butler (14A) Fri-Sun 1:15-4:05-7-9:50 Mon 4:05-7-9:50 Tue 1:15-4:05-7-9:50 Wed-Thu 4:05-7-9:50
Monsters University (G) Fri-Sun 1:20-4:15-6:50-9:30 Mon 4:15-6:50-9:30 Tue 1:20-4:15-6:50-9:30 Wed-Thu 4:15-6:50-9:30
The Mortal Instruments: City of Bones (PG) Fri-Sun 1:25-4:10-6:55-9:45 Mon 4:10-6:55-9:45 Tue 1:25-4:10-6:55-9:45 Wed-Thu 4:10-6:55-9:45
Planes (G) Fri-Sun 1:50-4:30-7:05-9:20
Mon 4:30-7:05-9:20 Tue 1:50-4:30-7:05-9:20 Wed-Thu 4:30-7:05-9:20
She's the One (PG) Fri-Sun 1:45-4:40-7:20-9:50 Mon 4:40-7:20-9:50 Tue 1:45-4:40-7:20-9:50 Wed-Thu 4:40-7:20-9:50
The Smurfs 2 (G) Fri-Sun 1:30 Tue 1:30
The Smurfs 2 3D (G) Fri-Thu 3:55-6:40-9:10
The Wolverine (14A) Fri-Sun 1:10-4:10-7-9:55 Mon 4:10-7-9:55 Tue 1:10-4:10-7-9:55 Wed-Thu 4:10-7-9:55

North Edmonton Cinemas 14231 137th Ave.

12 Years a Slave (14A) Fri-Thu 12:45-3:50-7:10-10:15 Sat 11:15
About Time (14A) No Passes Fri 1:10-4-7-9:55 No Passes Sat 11-1-10-4-7-9:55 No Passes Sun-Tue 1:10-4-7-9:55 No Passes Wed 4-7-9:55 No Passes Thu 1:10-4-7-9:55
Star & Strollers Screening, No Passes Wed 1 Barnyard (G) Sat 11
Captain Phillips (PG) Fri-Wed 12:40-3:40-6:45-9:50 Thu 12:40-3:40-6:45-10:15
Carrie (14A) Fri-Sat 2:30-5:10-8:10-10:40 Sun 2:40-5:10-8:10-10:40 Mon 2:30-5:10-10:20 Tue 2:30-5:10-8:10-10:40 Wed 2:30-

8:10-10:40 Thu 2:30-5:10-7:45-10:40
Cloudy With a Chance of Meatballs 2 (G) Fri 1:30 Sat 11:05-1:30 Sun-Thu 1:30
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Thu 4:10-6:30-8:45
The Counselor (14A) Fri-Thu 1:20-4:15-7:20-10:10
Ender's Game (PG) No Passes Fri-Wed 6:40-9:20 No Passes Thu 6:40-7:50-9:20-10:35 No Passes Fri 2:10-5-7:45-10:30 No Passes Sat 11:20-2:10-5-7:45-10:30 No Passes Sun-Wed 2:10-5-7:45-10:30 No Passes Thu 2:10-5
Escape Plan (14A) Fri-Tue 2-4:50-7:50-10:35 Wed 2-4:50-10:20 Thu 2-4:50-7:35-10:45
Free Birds (G) Fri 1:50-4:15 Sat 11:30-12:150-4:15 Sun 12:30-1:50-4:15 Mon-Tue 1:50-4:15 Wed 4:15 Thu 1:50-4:15 Star & Strollers Screening Wed 1
Free Birds 3D (G) Fri-Sat 12:30-2:50-5:05-7:20-9:40 Sun 12:50-3:05-5:20-7:35-9:45
Mon-Wed 12:30-2:50-5:05-7:20-9:40 Thu 12:30-2:50-5:05-7:15-9:45
Gravity 3D (PG) Fri-Wed 12:50-3-5:20-7:40-10 Thu 2:05-4:20-6:40-9
Jackass Presents: Bad Grandpa (14A) Fri-Sat 1-2:15-3:20-4:30-5:40-6:50-8-9:10-10:20 Sun-Tue 1-2:15-3:20-4:30-5:40-6:50-8-9:10-10:25 Wed 1-2:15-4:30-5:40-6:50-8-9:10-10:25 Thu 1-2:15-3:15-4:30-5:30-8-10:25
Last Vegas (PG) Fri 1:40-4:20-7:30-10:25 Sat 11:10-1:40-4:20-7:30-10:25 Sun-Thu 1:40-4:20-7:30-10:20
Out of Africa (STC) Wed 3:30-6:45
Rolling Stones: Sweet Summer Sun (STC) Mon 7:30
Thor: The Dark World 3D (STC) No Passes Thu 8-10:50

Princess I & II 10337 Whyte Ave.

12 Years a Slave (14A) Fri 6:45-9:20 Sat-Sun 2-6:45-9:20 Mon-Thu 6:45-9:20
Austenland (PG) Fri 7 Sat-Sun 1-7 Mon-Thu 7
Wadjda (PG) Fri 9 Sat-Sun 3-9 Mon-Thu 9

Scotiabank Theatre 8882 170th St.

Captain Phillips (PG) Fri-Sun 12:40-3:50-7:10-10:15 Mon-Thu 1-4-7:10-10:15
Carrie (14A) Fri 12:20-2:40-5:20-8-10:40 Sat 12:20-2:50-8-10:40 Sun 12:20-2:50-5:20-8-10:40 Mon 1:20-4:10-10:25 Tue-Wed 2:30-5:10-8-10:25 Thu 1:20-4:10-10:25
Cloudy With a Chance of Meatballs 2 (G) Fri-Sun 12 Mon-Thu 1:15
Cloudy With a Chance of Meatballs 2 3D

(G) Fri-Sun 2:25-4:55-7:25-9:50 Mon-Thu 3:45-6:55-9:20
The Counselor (14A) Fri-Tue 1:40-4:30-7:30-10:20 Wed 1:40-4:30 Thu 1:40-4:30-7:30-10:20
Ender's Game (PG) No Passes Fri-Tue 2:15-5-7:45-10:30 No Passes Wed 5-7:45-10:30 No Passes Tue 1:30-4:15-7-9:45 Star & Strollers Screening, No Passes Wed 1
Ender's Game: The IMAX Experience (PG) No Passes Fri-Mon 1:30-4:15-7-9:45 No Passes Wed-Thu 1:30-4:15-7-9:45
Escape Plan (14A) Fri 2-4:45-7:40-10:35 Sat 5:20-7:40-10:35 Sun-Mon 2-4:45-7:40-10:35 Wed 12:55-3:40-10:35
Free Birds (G) Fri-Sun 12:30 Mon-Thu 1:45
Free Birds 3D (G) Fri-Sun 2:45-5-7:15-9:30 Mon-Thu 4:20-7:15-9:30
Gravity 3D (PG) Fri-Sun 12:50-3:10-5:25-7:50-10:10 Mon-Thu 12:55-3:10-5:25-7:50-10:10
Jackass Presents: Bad Grandpa (14A) Fri-Sun 12:10-1:10-2:30-3:30-4:50-5:50-7:20-8:20-10-10:45 Mon-Tue 1:10-2:10-3:30-4:50-5:50-7:20-8:10-10-10:35 Wed-Thu 1:10-3:30-5:50-8:10-10:35 Thu 2:10-4:50
Last Vegas (PG) Fri-Sun 12:25-3-5:35-8-10-10:45 Mon-Tue 1:50-4:40-7:35-10:15 Wed 4:40-7:35-10:15 Thu 1:50-4:40-7:35-10:15
Star & Strollers Screening Wed 1
Merrily We Roll Along (STC) Thu 7
National Theatre Live: 50 Years On Stage (STC) Sat 2:45
Prisoners (14A) Fri-Sun 9:40
Rolling Stones: Sweet Summer Sun (STC) Mon 7:30
Thor: The Dark World 3D (STC) No Passes Thu 8-10:50
We're the Millers (14A) Fri-Sun 1:20-4-6:50

South Edmonton Common 1525 99th St.

12 Years a Slave (14A) Fri-Sat 12:50-3:55-7-10:10 Sun 12:50-3:55-7:05-10:10 Mon-Wed 1-4-7:05-10:05 Thu 4-7:05-10:05 Star & Strollers Screening Thu 1
About Time (14A) No Passes Fri-Sat 1:30-4:25-7:15-10:10 No Passes Sun 12:55-3:50-6:55-9:50 No Passes Mon-Wed 1-3:50-6:45-9:40 No Passes Thu 3:50-6:45-9:40 Star & Strollers Screening, No Passes Thu 1
All Is Lost (PG) Fri 1:55-4:40-7:20-10:05 Sat 11:20-1:55-4:40-7:20-10:05 Sun 1:45-4:20-6:55-9:35 Mon-Thu 1:40-4:15-6:50-9:35
Barnyard (G) Sat 11
Captain Phillips (PG) Fri-Sat 1-4:20-7:30-10:30 Sun 1:05-4:10-7:30-10:30 Mon-Tue 1:05-4:05-7:15-10:15 Wed 1:05-4:05-7:05-10:15 Thu 1:05-4:05-7:15-10:15
Carrie (14A) Fri-Sat 12:35-3-5:25-7:50-10:20 Sun 12:30-3-5:25-7:50-10:20 Mon-Tue 2:35-5:10-7:35-10:10 Wed 1:20-7:15-9:50 Thu 2:35-5:10-7:35-10:10
Cloudy With a Chance of Meatballs 2 (G) Fri-Sat 12:30 Sun 12:25 Mon-Tue 2:20 Wed 2:05 Thu 2:20
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sat 2:50-5:10-7:25-9:50 Sun 2:45-5:05-7:20-9:40 Mon-Tue 4:35-6:55-9:25 Wed 4:20-6:55-9:25 Thu 4:35-6:55-9:25
The Counselor (14A) Fri-Sat 1:25-4:15-7:10-10:35 Sun 1:25-4:15-7:05-9:55 Mon-Thu 1:10-3:55-7-9:55
Ender's Game (PG) No Passes Fri-Sun 7-9:45 No Passes Mon-Thu 6:50-9:45 No Passes Fri 2:15-5-7:45-10:30 No Passes Sat 11:30-2:15-5-7:45-10:30 No Passes Sun 2:15-5-7:45-10:30 No Passes Mon-Wed 2-4:45-7:30-10:15 No Passes Thu 7:30-10:15 No Passes Thu 2-4:45
Escape Plan (14A) Fri-Sat 2-4:55-7:40-10:25 Sun 1:50-4:35-7:15-10 Mon-Tue 1:35-4:20-7-9:50 Wed 1:35-4:20-10:10 Thu 1:35-4:20-7:10-9:50
Free Birds (G) Fri 12:20-2:40-4:50 Sat 12:20-12:55-2:40-3:05-4:50 Sun 12:20-2:40-4:50 Mon-Thu 2:30-4:40
Free Birds 3D (G) Fri 1:15-3:30-5:45-8:10:15 Sat 12:15-5:45-8-10:15 Sun 1:15-3:30-5:45-8-10:15 Mon-Thu 1:15-3:25-5:35-7:50-10
Gravity 3D (PG) Fri-Sat 1:05-3:25-5:45-8:05-10:35 Sun 1:30-5:40-8-10:25 Mon-Thu 2:40-5-7:35-9:55
Jackass Presents: Bad Grandpa (14A) Fri 12-1:10-2:30-3:35-5:05-6-7:30-8:20-9:55-

10:40 Sat 12:10-1:10-2:30-3:35-5:15-6-7:30-8:20-9:55-10:40 Sun 12-12:35-2:20-2:55-4:50-5:20-7:10-7:35-9:30-10:05 Mon-Wed 2:15-2:55-4:40-5:15-7:10-7:40-9:30-10:05 Thu 1:25-2:55-3:45-5:15-9:45
Last Vegas (PG) Fri-Sat 12:25-3-5:35-8-10-10:45 Sun 12:05-2:35-5:15-7:50-10:25 Mon-Thu 2:15-4:50-7:25-10
Merrily We Roll Along (STC) Thu 7
National Theatre Live: 50 Years On Stage (STC) Sat 2:45
Out of Africa (STC) Wed 4-7
Rush (14A) Fri 1:45-4:45-7:55-10:45 Sat 4:45-7:55-10:45 Sun 4:30-7:25-10:20 Mon-Tue 1:30-4:20-7:20-10:10 Wed 1:30-4:25-7:20-10:10 Thu 1:30-4:20-10:10
Thor: The Dark World 3D (STC) No Passes Thu 8
Vermeer and Music: The Art of Love and Leisure (G) Sun 12:55

Grandin Theatres 101-22 Sir Winston Churchill Ave. St. Albert

Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:10-3:10-7:05
Despicable Me 2 (G) Fri-Thu 5:05
Ender's Game (PG) No Passes Fri-Thu 12:35-2:45-4:55-7:10-9:20
Escape Plan (14A) Fri-Thu 9:10
Free Birds (G) Fri-Thu 1-3-5-6:50-8:45
Jackass Presents: Bad Grandpa (14A) Fri-Thu 1:45-3:45-5:45-7:45-9:40
Last Vegas (PG) No Passes Fri-Thu 1:30-3:30-5:30-7:30-9:30

Galaxy Cinemas Sherwood Park 2020 Sherwood Dr.

Barnyard (G) Sat 11
Captain Phillips (PG) Fri 3:30-6:40-9:50 Sat-Sun 12:20-3:30-6:40-9:50 Mon-Thu 6:40-9:45
Carrie (14A) Fri 4:25-7-9:35 Sat-Sun 1:50-4:25-7-9:35 Tue-Thu 6:50-9:20
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 12:25-2:50
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Sun 5:15-7:40-10:05 Mon-Wed 7:20-9:50
The Counselor (14A) Fri 3:35-6:30-9:25 Sat-Sun 12:40-3:35-6:30-9:25 Mon-Thu 6:30-9:25
Ender's Game (PG) No Passes Fri 4:40-7:30-10:20 No Passes Sat 11-1:50-4:40-7:30-10:20 No Passes Sun 1:50-4:40-7:30-10:20 No Passes Mon-Thu 7:15-10
Escape Plan (14A) Fri 4-6:50-9:40 Sat-Sun 1:10-4-6:50-9:40 Mon-Thu 6:45-9:30
Free Birds (G) Sat-Sun 12:15-2:30
Free Birds 3D (G) Fri-Sun 4:50-7:10-9:30 Mon-Thu 7-9:15
Gravity 3D (PG) Fri 5:35-8-10:25 Sat-Sun 12:45-3:10-5:35-8-10:25 Mon-Thu 7:40-10
Jackass Presents: Bad Grandpa (14A) Fri 5:25-7:50-10:15 Sat-Sun 12:35-3-5:25-7:50-10:15 Mon-Thu 7:30-9:55
Last Vegas (PG) Fri 4:40-7:20-10 Sat 11:20-2-4:40-7:20-10 Sun 2-4-40-7:20-10 Mon-Thu 7:05-9:40
Rolling Stones: Sweet Summer Sun (STC) Mon 7:30
Thor: The Dark World 3D (STC) No Passes Thu 8

Leduc Cinemas 4702 50th St. Leduc

The Counselor (14A) Fri-Sun 12:55-3:35-6:55-9:35 Mon-Thu 6:55-9:35
Free Birds (G) Fri-Sun 1:05 Tue 7:05
Free Birds 3D (G) Fri-Sun 3:30-7:05-9:30 Mon 7:05-9:30 Tue 7:05 Wed-Thu 7:05-9:30
Jackass Presents: Bad Grandpa (14A) Fri-Sun 1-3:45-7-9:45 Mon-Thu 7-9:45
Last Vegas (PG) Fri-Sun 1:10-3:40-7:10-9:40 Mon-Thu 7:10-9:40

Cineplex Odeon Windermere & VIP Cinemas 6151 Currents Drive NW

Thor: The Dark World 3D (STC) No Passes Thu 8 No Passes Thu 8
Vermeer and Music: The Art of Love and Leisure (G) Sun 12:55

Magic and loss. Patti Smith reflects on her late friend, Lou Reed



Patti Smith shared her thoughts on the loss of Lou Reed. CONTRIBUTED

Patti Smith is remembering her friend, inspiration and fellow poet-musician Lou Reed, who died Sunday at age 71.

Smith tells The Associated Press the first time she saw Reed in person was in 1970. She says he and the Velvet Underground were performing at the Manhattan club Max's Kansas City. She says she made it her business to study him.

Smith says she is pleased

by the global impact of Reed's passing and by the stories of how his songs affected people's lives.

Smith cited Pale Blue Eyes as a personal favourite. She says the ballad reminded her of her late husband, guitarist Fred "Sonic" Smith.

She also praised Reed's romantic Perfect Day. She sings it often in concert and finds herself moved when audiences join in.

THE ASSOCIATED PRESS

Lou Reed wasn't perfect, but he was a 'treasure'

Death. A week after his death, musical icon's Canadian partner tells of how he was a misunderstood man

More than 40 years ago, Lou Reed sat on the floor of Bob Ezrin's house on Summerhill Avenue in Toronto, strumming an acoustic guitar and eagerly drawing up plans for the album that would become Berlin.

This past Sunday, Ezrin was about to hop a flight home from Los Angeles and spent the time mapping out a trip to New York next month. With considerable enthusiasm, he jotted down a scheduling note to himself: "Breakfast with Lou."

And then he boarded the plane, accessed the on-board wireless Internet, and saw that Reed — the massively influential Velvet Underground songwriter — had died at age 71.

"I almost fell out of my seat," Ezrin recalled in a telephone interview Monday. "I was a captive for five hours. All I wanted to do was run up and down the aisles screaming. By the time I got here, I was pretty drained."

"The world," he continues, "has lost one of its great artis-



Lou Reed was a misunderstood character, his writing partner says. CONTRIBUTED

tic treasures."

Since Reed's death, a mourning music community has hailed the counter-cultural icon's limitless musical legacy, his intuitive gift for inhabiting the minds of outcasts and outsiders and his influential lack of regard for boundaries of gender or sex-

ual orientation. Other chief features of most remembrances also focus on his irascible personality and brazen drug use.

But Reed, Hearn says, was misunderstood.

"Anyone who actually spent a little bit of time with him would see what a caring,

sweet person he was," said Hearn.

"He had people coming at him from all directions all his life. So he found a way to deal with that and to keep doing what he loves; to protect his art and to protect who he was."

"Maybe he was grumpy some days. But he's human. And no one's perfect."

THE CANADIAN PRESS

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time



@UncleRush
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today



@NikkiSixx
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Reflektor. Album's not quite on fire this time

The reviews are in, and Arcade Fire's sprawling new opus *Reflektor* has critics deeply divided.

The 75-minute, two-disc followup to the Montreal band's Grammy-winning hit *The Suburbs* has received some raves, but perhaps not the near-universal praise of their past work.

On the positive side, influential music website Pitchfork — one of Arcade Fire's earliest champions — lavished the album with a 9.2 review, concluding that *Reflektor*

is "an album that dares to be great, and remarkably succeeds."

One didn't have to look far for a negative counterbalance, however.

In a shrugging three-out-of-five-star review, the Guardian criticized the record's length and ultimately declared that *Reflektor* "sounds like the work of a band that have plenty of good ideas, but increasingly can't tell them from their bad ones — or won't be told."

THE CANADIAN PRESS



Arcade Fire's new album has been met with mixed reviews.

ERIC KAYNE/THE ASSOCIATED PRESS

Video game review

Page powerful in video games too

Beyond: *Two Souls*

System. PlayStation 3

Rated. Mature 17+

Ellen Page and Willem DaFoe star in this complex journey through the



lifetime of a woman with supernatural powers. Page's remarkable motion-captured acting adds an emotional weight few games deliver.

KRIS ABEL/METRO

Unconventional song covers



SOUND CHECK
Alan Cross
scene@metronews.ca

All three of this week's tracks are covers—but they're not exactly what you'd call tributes

No Woman No Drive/Alaa Wardi

With more Saudi women openly defying the country's ban on them driving, local star Alaa Wardi offers his



support by rewriting a Bob Marley classic.

jlylntaHvIS not qajegh/A Couple of Klingons

No, that title isn't a typo. If you're going to Rickroll your friends, why not do it in Kling-



on? I'm sure this song had the High Council rolling in the aisles back on Qo'noS.

Sail/A Tesla Coil

Tesla Coils can provide endless fun, especially when harnessed to create music. Still, I wouldn't try this at home.



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Blue Rodeo reboots with new album to stay in the game

Coming up. The band will embark on a two-month Canadian tour in the new year, hitting all 10 provinces before wrapping on March 2 in Montreal

Blue Rodeo's last release, the sprawling double album *The Things We Left Behind*, was a critical and commercial success that returned the Toronto alt-country originals to platinum status for the first time since 2002. Creatively they were riding high — and yet, behind the scenes, it felt as though they could be nearing the end.

Co-frontman Greg Keelor's hearing issues had only been growing more severe, and performing live was such a painful chore that he couldn't be around volume at all. In concert, he might as well have

been relegated to special-guest status, limited as he was to materializing for a few acoustic songs scattered about the set.

"That was getting really bad," the band's other mastermind, Jim Cuddy, said in a recent interview seated next to Keelor. "It was such a bad version of the band."

So, they changed the band — drastically. Almost four years elapsed between that album and this week's release of their rich latest, *In Our Nature*. That's the longest gap between studio albums in Blue Rodeo's quarter-century-plus history.

At Cuddy's suggestion, the band swapped stage monitors for in-ear monitors that would be easier on Keelor's battered ears. They made Colin Cripps an official member on electric guitar, so that Keelor could play only acoustic and sing. They stood in a different formation onstage, to keep Keelor away from the sources of the loudest noise.

And, Cuddy says, it funda-

Old tensions

The band recorded 1995's *Nowhere to Here* during a particularly fractious period between Keelor and Cuddy.

- The band works as well as it does in part because of the friction between Cuddy and Keelor's opposing styles — Cuddy with his approachable tuneful pop-country, and Keelor with his tendency toward moodier material.

mentally changed the sound of the band's naturalistic new set of tunes.

"I think it's one of our best-sounding records," Cuddy says. "What we intended, that's what it sounds like. It's kind of woolly and comfortable. And I think it's got a lot of strength and the stuff's really played (well)."

Though they have a pristine studio in downtown Toronto, they headed off to Keelor's country farm to make the album above Cuddy's mild consternation.

"It was the only place I knew I could contribute to the record the way I wanted to," Keelor says. "It was a way that I'd worked out for myself to play music again. So I'm very grateful to everyone for doing that for me."

Meanwhile, the rustic setting grew on Cuddy.

"It became this beautiful holiday all down in the country," he said. "The band had coalesced because of all the playing we'd done."

The band has experienced some difficult periods in the past, but they seem to be in a good place at the moment.

"For the last few years, we've had a very harmonious group of people. It's not like stuff doesn't happen. It's sort of amazing. It's a little microcosm of a society." **THE CANADIAN PRESS**



Jim Cuddy and Blue Rodeo are back with a new album called *In Our Nature*. PATRICK DOYLE/THE CANADIAN PRESS

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Rockers rise from county fair to Madison Square

Small fish, enormous pond. Newer, budding music acts from Ed Sheeran to the Weeknd to Imagine Dragons selling out top venues

In just two years, English singer Ed Sheeran has gone from the small stage to the big league.

The 22-year-old earned a gold album with his 2011 debut, +, and his Top 20 hit, The A Team, was nominated for song of the year at the Grammy Awards. But his biggest achievement comes this week: He is performing three shows at the famed Madison Square Garden (MSG).

Sheeran is part of a breed of newer and lesser known acts who are able to sell out top venues, even if they aren't pushing millions and millions

of albums and singles like Eminem and Justin Timberlake, or dominating with chart-topping tracks and radio airplay like Katy Perry or Rihanna.

Pop-rock band Passion Pit, who released their sophomore album last year, sold out MSG earlier this year, and the Weeknd, the eerie, reclusive R&B singer, performed two sold-out nights at Radio City Music Hall to a feverish crowd this month. Gotye, though he had last year's biggest hit with Somebody That I Used to Know and a gold album, performed at the 9,000-seat Radio City after playing NYC's Terminal 5, with a third of that capacity, six months prior. And the English indie band The xx, critically acclaimed but fairly unknown outside of the music industry, performed two shows at Radio City last month. For Sheeran, Madison Square Garden is a big step.

"We played the Mercury

Movin' on up!

"We played the Mercury Lounge like a year and a half ago, and to go from like a 150-capacity venue to, I think it's 18,000 at (Madison Square Garden) — it's cool."

Ed Sheeran
Musical artist

Lounge like a year and a half ago, and to go from like a 150-capacity venue to, I think it's 18,000 at MSG — it's cool," said Sheeran, who will play his first sold-out MSG on Tuesday.

For that he might thank his fans on Twitter — where Sheeran has more than eight million followers — and the support of Taylor Swift and One Direction, whom he opened for and collaborated with.

"With social media playing

an increasing role, it's possible for an artist to go from totally unknown to significant enough popularity to sell an arena like Madison Square Garden," said Gary Bongiovanni, the president and editor-in-chief of concert trade magazine Pollstar. Omar Al-Joulani, Live Nation's vice-president of touring, echoed Bongiovanni's theory.

"(It) definitely feels like artists can have a quicker run to selling out more venues mostly because it's easier to get noticed these days because you can go straight to your fan base," he said. "Whether they have radio or not, (these artists) have very big online followings."

Imagine Dragons and Fun. — whose mainstream breakthroughs are recent though they both formed in 2008 — have gone from small theatres to top-billing venues in a year, aided by back-to-back hits and platinum-selling albums.

THE ASSOCIATED PRESS



Imagine Dragons, whose hits include *Radioactive* and *It's Time*, will launch an arena tour in February that includes dates at the American Airlines Center in Texas and the IZOD Center in East Rutherford, N.J. GETTY IMAGES

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Aziz Ansari's new stand-up special, *Buried Alive*, is available on Netflix.
CONTRIBUTED

Aziz Ansari muses on marriage, babies and getting Buried Alive

Comedy. The Parks and Recreation star laments how texting has changed the dating game on his new Netflix special

Beneath the wisecracks and snarky jabs, comic Aziz Ansari admits he's a romantic at heart. The baby-faced stand-up star says he's fascinated by how we connect with each other in this era of texting and Instagram, but especially so when it comes to love.

Finding that special someone is the focus of his new Netflix special *Buried Alive*, where he muses on the increasing pressures he feels to settle down, raise a family and, well, grow up.

"I'm not like totally consumed by it, thinking about it all the time, but it is kind

Other ventures

Stretching himself in new directions includes embarking on an ambitious multimillion-dollar book deal for Penguin Press.

- **Writing.** The book will investigate modern

single life and how today's relationships have been affected by new technologies. Ansari says he plans to tackle this seriously, by interviewing academics and conducting his own research.

of interesting," Ansari says of feeling the clock ticking now that he's 30.

"You start getting old and you don't even realize it. It's like, 'People my age are popping kids out! That's pretty crazy.'"

During a recent stop in Toronto, Ansari says he wrote this material while watching a lot of his friends get married and have kids, bringing into sharp focus his own impending adulthood.

Filmed live at the Merriam Theater in Philadelphia, *Buried Alive* features Ansari mus-

ing on marriage proposals, raising children, arranged marriage, and the whole terrifying notion of till-death-does-part. It's a markedly more mature look at life than his other comedy specials *Intimate Moments for a Sensual Evening* and *Dangerously Delicious*, he agrees, noting that it's part of his own conscious evolution as a writer.

"My favourite musicians and artists are ones that change and evolve over the course of their albums," says the Parks and Recreation co-star, who filmed and paid for

the special himself to be sure he had complete control over the final product.

"I hate it and I think all artists hate it when people are like, 'Oh, well, this is what that guy does.' You know, 'That's his thing,' whatever it is — talking about my cousin Harris or you know (cocky alter ego) Randy, or whatever — and I like all that stuff but you don't want to repeat yourself. I was like, 'Let me do something different and not do any of the stuff I've done in the past.'"

Ansari bemoans the radical ways technology has changed how people communicate, especially the simple act of dating.

"It used to be you'd have to work up courage and call someone on the phone and speak to them and, you know, it was a much different thing than just like (pretends to text on a phone): 'Hey, what are you doing tonight?'"

THE CANADIAN PRESS

Never the same again

The Good Wife. Julianna Margulies' character has transformed along with the series

Last Sunday's episode, aptly titled, *Hitting the Fan*, basically blew up the series (which airs Sunday nights on Global and CBS). If you haven't seen it yet and it is sitting in your PVR deck, skip the next few paragraphs.

Will (Josh Charles) learns of the plan by Alicia (Julianna Margulies) and Cary (Matt Czuchry) to leave Lockhart Gardner and take half the clients with them.

Hurt by this betrayal by his old friend and former lover, Will acts swiftly to have Alicia, Cary and several associates thrown out of the law office and a vicious tug-of-war over clients ensues. Lawyers fight lawyers in court and even Alicia's reconciled husband, newly elected Illinois governor Peter Florrick (Chris Noth), gets into the act, killing plans to make senior law partner Diane Lockhart (Christine Baranski) a Supreme Court judge.



Julianna Margulies as Alicia on *The Good Wife*. JEFFREY NEIRA/THE CANADIAN PRESS/AP/CBS

stumbling back into the workforce.

"She's always been a dedicated lawyer and an incredibly smart, well-thought-out human being," said Margulies, who looked in warrior mode as she sat before press in a floor-length crimson overcoat fanning out to reveal a jet-black dress. New Alicia now mirrors ruthless and ambitious Will, "and that's going to be incredibly fun to watch on the show."

The fallout continues this Sunday on the next episode, *The Next Day*.

Now that Alicia and Will are on opposite teams, "they both realize they are made of the same cloth and she learned from the best," said Margulies. She said this new competition "strangely has taken on a sexier feel than a love scene. Each can read the other's mind and they're always one step ahead of each other."

Margulies for her parts, said her character risks turning off fans this season with her warrior stance. Up until now Alicia the single mom has been generally admired for her judgement and character.

How long she stays at her husband's side is anybody's guess. THE CANADIAN PRESS

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Douglas Coupland's new novel takes readers on a boozy, sex-filled romp with a foul-mouthed cameraman — earnest literary critics, try to relax



MATT LAFORGE
matt.laforge@metronews.ca

Douglas Coupland is Canada's official Cool Guy. He earned the title not only because he creates cool things — books of fiction, reportage, and biography; cultural commentary; visual art; sculpture; furniture — but also because, unlike, say, Drake or those guys who started VICE magazine, he plies his various trades here, in Canada, without apologizing for where he lives.

He simply, humbly, writes, sculpts, designs and collates from his base in Vancouver, telling us about our country and about the world as it's currently lived in. He works hard and produces material constantly. It's a fortunate thing that one of our culture's closest and most versatile observers is also one of its exemplars.

Coupland's newest novel, his 14th, is *Worst. Person. Ever.*, a lewd, rude globe-trotting picaresque that follows the eponymous scoundrel, a singularly profane television cameraman named Raymond Gunt, on

a calamitous sex-, booze- and four-letter-word-fuelled hell-trek from London to L.A. to Honolulu to Micronesia.

Raymond, described on the book jacket as "a living, walking, talking, hot steaming pile of pure id," chases chemical and sexual pleasure with abandon, leers unself-consciously at every woman in his field of vision and frequently fantasizes about literally enslaving his fellow man. If nothing else, it's the perfect gag gift for the clergyperson on your Christmas list. I recently talked to Coupland, via email, about the book.

A theme in your fiction that goes all the way back to generation X and that is present in *Worst. Person. Ever.* is the human need to turn life into story. What is the difference, if any, between telling yourself stories about your life and telling yourself lies?

I think in this case it's the difference between how others see you and how you really are. Self-delusion is always funny.

Raymond Gunt tells the reader that he's charitable, understanding, worldly, open-minded and peace-loving. But his conduct, to put it mildly, suggests otherwise. Why do you think he — an impulse-driven guy who lives to party and get laid — claims so insistently that he's broad-minded and selfless?

Simple: He thinks it will some-

how get him laid.

You tweeted a link to the *Guardian's* negative review of *W.P.E.*, saying that the review's author "took the bait."

What did you mean by that? She took it at face value and actually thought the book was being put forth as literature — and then reviewed it as such. I mean, how fricking clueless can you be? It's a fun risqué read and seeks to be nothing more.

Much of your past work is breezy and funny but, at least as I read it, intends to rise to the level of serious art. What made you want to do something with lower esthetic stakes?

Fun! No, seriously: fun. Really. Fun.

Speaking of fun — *W.P.E.* has a lot of cursing and locker-roomish sex talk and a decent amount of violence. Are there any people who you think shouldn't read the book?

Not my call. But in the same way that you probably wouldn't leave martinis lying around your house, you probably might not leave *W.P.E.* around either.

Who's the worst person ever in real life?

That I've met in person? The person who Raymond is modelled on — an English cameraman at a shoot I did in Los Angeles in 1993.

More online

- Read the rest of the interview — including Coupland's takes on '80s music, Alice Munro, literary experimentalism and the likelihood that the world as we know it is ending — on metronews.ca.



Author Douglas Coupland chats with Matt LaForge at Metro's Toronto office earlier this week. DAVID VAN DYKE/METRO



Talking Temp on the radio

Author Douglas Coupland, centre, was joined by Metro Canada Editor-in-Chief Charlotte Empey for a taping of Extra Entertainment Extra!, Metro movie columnist Richard Crouse's syndicated radio show, earlier this week. Coupland and Empey were there to talk about *Temp*, his new serialized work of fiction that will appear in Metro starting on Monday. You can listen to the interview with Coupland at newstalk1010.com on Saturday at 4:30 p.m. METRO

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David Arquette ALL PHOTOS GETTY IMAGES

David Arquette could use a top-notch PR handler right about now

David Arquette drunk-dialed the Howard Stern Show last night, and wow did he say some stuff. Highlights included backhanded compliments to Hitler.

"Listen, listen, listen — I've gotta say something on the N-word later — but Hitler played the game very well. He did. Listen, yeah, he played his game very well. He convinced a lot of people to play his f-king evil game. He played the game really well, but he was playing the wrong game."

Luckily he didn't manage to make it to whatever he had to say about the N-word, but he did happen to refer to Coco, his daughter with Courteney Cox, as his "first kid."

Wait, does that mean he had other kids? When? David didn't answer when Howard asked him, just "sort of wheezed and mumbled, giving no direct answer," as HowardStern.com puts it.

Arquette seemed dimly aware that things weren't going so hot. "Listen I'm going to be brutally honest with you and if that means tomorrow I have to get sober, I will get sober. I've been going on this whole Mayan thing lately. ... Are you with me? So, let's play the right game."

Yes, let's. The non-Hitler game. And in Arquette's case, maybe the "just seltzer water for me, thanks," game.

MELINDA TAUB/METRO WORLD
NEWS IN NEW YORK CITY



Joe Jonas

The smack talk is getting to Joe Jonas

Joe Jonas is fighting off rumours that drug problems may have contributed to the breakup of his band, the Jonas Brothers. "It's obviously not true. I've never touched heroin in my life," he tells People

magazine. "It's hilarious to me, but also frustrating as well. I was walking down the street and people are asking me if they can give me a hug and how rehab is. I'm like, 'You tell me because I've never been.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The celebs who creep us out the most



THE
WORD
Dorothy Robinson
scene@metronews.ca

Sitting around the slightly rotten office jack-o'-lantern, on Halloween day while popping sour candies into our mouths, we asked our fellow Metro staffers which celebrity scared them the most. Read it now — if you dare. Bwahahahahahahaha!

Raquel Welch

We're pretty sure Raquel Welch is one of the Tupperware moms from the tv series Eerie, Indiana — the kind that sleep in Tupperware coffins to stay fresh. She doesn't seem to be aging. See above photo for evidence.

Bruce Jenner

What he's done to his once-handsome face is more gasp-inducing than watching The Conjuring.

Steve Buscemi's mouth

Look, we love the guy, but you really wouldn't want to brush up against his grill in a dark alley, would you?

Harrison Ford

Why would a 71-year-old man have an earring? It's creepy.

Mel Gibson

What has he been up to since his anti-Semitic rant? We'd be spooked to venture into his basement at this point. Dude is probably working on something he wants no one to see.

Taylor Swift

We're not going to lie, it keeps us up at night worrying about what pretty young man-thing she'll set her blond succubus sights on next. Boys beware.

James Franco

Nobody should have that much energy and accomplish that many different things. It's terrifying. We're scared of what he'll decide to add to his resumé next — brain surgery? Rocket science? A human centipede made entirely of his comedy mafia bros? (Actually, we'd like to see that.)

Ashton Kutcher

What deal with the devil did that guy do? Highest paid actor on TV? Check. Mila Kunis as a girlfriend? Check. Signing over his soul to el diablo is the only explanation.



Justin Bieber

Justin's new hobby? Vandalism

Justin Bieber has apparently found a new activity to amuse himself — graffiti. The Canadian pop star posted several photos to Instagram of himself engaged in his "new hobby" while on tour, spraying city walls with

crude cartoons and messages. On one wall, he's seen writing, "R.I.P. Pac," though it's unclear if he's honouring Tupac Shakur or his recently deceased hamster, which he named after the late rapper — or both.



Michael Fassbender

Acne and 'unfortunate' hair: Michael was a normal-looking teen

Michael Fassbender apparently hasn't been keeping up with popular opinion, because he doesn't think he's all that attractive. "I've never really thought of myself as good-looking. I think of myself as, you know, all right,"

he tells the U.K. edition of Elle magazine. "I used to have bad acne as a teenager, so all of this is a bonus now, the fact that I don't have pimples anymore. And my hair was also, you know, unfortunate."

Twitter



@rustyrocks

Actually if you are rich, white, well educated and don't care much about other people then voting isn't futile. You're fine.



@johncusack

Puerto Rico hot sauce just kicked my ass — and it didn't even try



@DitaVonTeese

Trying on skinny hip hugger jeans. Physically & emotionally uncomfortable!



This recipe serves six. DAIRYGODNESS.CA

Diwali fave will light up your taste buds

Palak Paneer. Puréed spinach, yogurt and, for a local twist, Canadian paneer cheese make this dish a nutritional delight

Diwali, a five-day festival of lights originating in India and celebrated around the world, will begin Sunday.

To mark the victory of good over evil, revellers light lanterns around the home, set off fireworks outside and create design patterns called rangoli on

the floor using coloured powders or sand.

Food also plays an important role with families coming together to enjoy a savoury meal and share sweets.

To join in the celebration, make a simple and quick version of Palak Paneer, glowing with the warm, spicy flavours of cumin, coriander and chili powder. It cooks up quickly and pairs with a side of warm naan bread or Basmati rice,

1. In a large, deep skillet, heat butter and oil over medium-high heat until butter melts. Add onions and garlic; sauté about 2 minutes or until tender.

Stir in coriander, chili powder and cumin; sauté 30 seconds or until fragrant; stirring well to prevent spices from burning.

2. Stir in puréed spinach, yogurt and salt; reduce heat to

medium-low and cook covered for 10 minutes or until it starts to bubble. Stir in paneer; cook covered 6 minutes or until paneer softens and is cooked through. Give it a final stir and serve warm. DAIRYGODNESS.CA

Ingredients

- 2 tbsp (30 ml) butter
- 1 tbsp (15 ml) vegetable oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 tsp (5 ml) ground coriander
- 1/2 tsp (2 ml) chili powder
- 1/2 tsp (2 ml) ground cumin
- 1 package (300 g) frozen spinach, thawed and puréed
- 1/2 cup (125 ml) plain yogurt whisked until smooth
- Salt to taste
- 12 oz (350 g) paneer, cut into bite-sized pieces (about 2 cups/500 ml)

Liquid Assets

Down Under inspiration



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Do you pooh-poo Australian table wines? Though offering some of the wine world's most popular brands, juice from Down Under became repetitive. There is good news. This time last year, I was on a three-week Aussie odyssey and had my glass filled with mind-blowing wines that are arriving in Canada.

South Australia's McLaren Vale has perplexed me. Best known for its fuller-bodied reds, I've found many of them lacking in that punch of flavour that makes a good wine great.

I'm betting its wine-makers recognized that. On my tour, I found an invigorated region and was soon populating my tasting notebook with the words "exciting" and "innovative."

Chapel Hill 2011 Parson's Nose Shiraz (\$19.99) is a perfect example of this new wave flowing from McLaren Vale. Named for an ironstone chapel built on the winery's property in 1865, it's an old school shiraz with a thick, plummy body and black, anise spice finish that makes it ideal for a juicy steak, or anything up-front and beefy.

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CANADIAN FINALS RODEO

Weekend, November 1-3, 2013

Wild West celebration

LUCY HAINES

For Metro

Calling all urban cowboys and cowgirls to the Canadian Finals Rodeo (CFR) 2013, a wild, western anniversary celebration.

The event, running Nov. 6-10 at Rexall Place, returns with new nightly entertain-

ment options and features the agricultural focus of Farmfair International at the Edmonton Expo Centre.

"For 40 years, we've embraced our western identity and our community has come together to celebrate our western heritage with two of Northlands' core events," said Northlands CEO Richard Andersen.

While shows go nightly at



This year marks the 40th anniversary for the Canadian Finals Rodeo, celebrating four proud decades of competition. CONTRIBUTED

Rexall, fans can make a day of it with a visit to Farmfair and the new CFR tailgate parties two hours before the first horse bucks out of the chutes.

Outdoor western entertainment will set the mood, along with food trucks and bar service, ensuring a boot-stomping good time before the events at

the arena take over.

CFR performances begin at 7 p.m., with a Saturday matinee and Sunday's championships at 1 p.m. All are jam-packed with Canada's top pros vying for national titles in bareback riding, steer wrestling, team roping, tie-down roping, ladies barrel racing,

saddle bronc riding, and bull riding.

This year's rodeo announcers will be Wayne Brooks, the voice of the CFR for the past 10 years, and Brett Gardiner, who is making his first appearance behind the mic.

"From the adrenalin-pumping action of the CFR

to the world-class agricultural showcases at Farmfair International, this is Edmonton's chance to embrace their western heritage," Andersen said. "And there are plenty of new entertainment opportunities for everyone to get involved in honouring Alberta's history."

For more, visit cfr.ca.

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PROUD TO BE A PART OF RIVER CITY ROUND UP



The top rodeo professionals will compete at Rexall Place Nov. 6-10 during the Canadian Finals Rodeo. CONTRIBUTED

Roping in cream of the crop

Competition. CFR features the best of the best rodeo professionals

LUCY HAINES
For Metro

All the competitors who take part in the Canadian Finals Rodeo (CFR) are members of the Canadian Professional Rodeo Association (CPRA), also called Pro Rodeo Canada. Based in Airdrie, with more than 1,500 members (both Canadian and international), the CPRA runs 53 events in Western Canada each year, starting with a rodeo in Camrose in March and culminating with the CFR in Edmonton each November.

"We have the top percentage of the best rodeos in the country — Armstrong, Ponoka, Innisfail — and stampedes in Medicine Hat and Morris," said Kynan Vine, rodeo administrator with Pro Rodeo Canada.



Northlands CEO Richard Andersen says the CFR is "an amazing event to see." CONTRIBUTED

Part of Western Canadian heritage since 1945, the CPRA uses 12 stock contractors to supply the roughstock — the calves and bulls needed to put on one of the largest indoor rodeos in the world — and approximately \$1.4 million in prize money. Only the National Finals Rodeo in Las Vegas is bigger, Vine said.

"The CFR is the cream of the crop," Vine said. "The top 12 qualifiers in each of seven

events based on money won through the season (qualify for the CFR). We have a lot of success with the Edmonton event."

Vine said CPRA rodeos have seen a spike in attendance in recent years despite growth in urban populations and a shrinking rural base taking part in sports like bull riding, team roping and the like.

Vine sees a trend among his membership — a move

toward increasingly heart-pumping feats from well-trained athletes.

"The sport is revolutionizing. It's more than entertainment," he said, pointing to cowboys and cowgirls who train in the gym several times a week, some with personal trainers, and with sponsorships and endorsements to contend with.

Northlands CEO Richard Andersen simply said, "It's an amazing event to see."

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Anniversary. The Year To Be There

LUCY
HAINES
For Metro

This year marks the 40th anniversary for the Canadian Finals Rodeo (CFR), celebrating four proud decades of competition.

Dubbed "The Year To Be There" by rodeo officials, the inaugural contest in 1974

drew 24,000 rodeo fans to Northlands' Edmonton Gardens. Making the move to the Northlands Coliseum in 1975, attendance doubled to more than 41,000 and, now, the CFR draws more than 90,000 guests annually to six action-packed performances each night.

"The continued success of the CFR is a true testament to Alberta's strong western

identity and the resiliency of the competition between athletes," said Northlands CEO Richard Andersen. "The CFR isn't just any rodeo, it's the Canadian championships, the best of the best of rodeo events."

One of this year's best is Braidy Davies, a team roper from Medicine Hat, who will be competing as header with partner and heeler Chase

Simpson. Davies has qualified for the CFR before — in 2004 as a heeler, and again as a header in 2008. Davies is hoping to earn enough prize money (up to \$5,600 in each of six shows) to be crowned Canadian champion this year.

But even if he doesn't accomplish that goal, Davies knows it's a special year to be part of the CFR.

"My dad was in the first ever CFR 40 years ago, so it's a good year for me to go for it. I didn't think about that until recently. Dad is excited I've made it back to the CFR. It all means a lot. My mom, dad and wife, the whole family's coming up for the event."

In 1974, Tom Davies made his first of three trips to the CFR as a bull rider, and the

feisty 58-year-old competitor still ropes today.

Braidy Davies, who works in an oilfield, said he ropes year round, at a neighbour's house during winter, and at weekend rodeos through the season.

"I started roping when I was six, and I plan to keep going at least until I'm in my 40s. I'm hungry to win."



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A western heritage round up

For much of its 40-year history, the Canadian Finals Rodeo (CFR) was a stand-alone event, but now the rodeo has company before and after the on-field fun.

The CFR action, running Nov. 6-10, is enveloped by the 10-day River City Round Up, a city-wide festival celebrating agriculture and western heritage.

Most of the Round Up action takes place on Sir Winston Churchill Square, starting with a two-day kickoff Friday and Saturday that includes the 23rd annual chili cook-off, Cowpoke Corral for the kids, and entertainment for all ages. The first 500 kids to the square on kickoff day get a T-bone plush toy and backpack.

"We have an urban barn raising culture here in Edmonton," said Mayor Don Iveson. "This is a great way to celebrate one of the wonderful things Edmontonians have made, a festival that brings community together and showcases some great examples of our cultural heritage."

The festival has two new elements this year — a free community pancake breakfast from 9 to 11 a.m. on Saturday, and the Traditional Harvest



Mayor Don Iveson welcomes the River City Round Up to Edmonton. CONTRIBUTED

from 11 a.m. to 4 p.m., which offers a look at how Aboriginal people harvest natural resources in a way that reflects the past.

"Edmonton is steeped in some amazing culture that still thrives today and we are pleased to bring the Traditional Harvest to the River City Round Up," said Tamara Fahlman of the River City Round Up project team. "People of every age can explore Aborig-

inal culture and learn about teepee etiquette, fishbone art and traditional tea-making. And a free pancake breakfast is always a great way to start the day."

Northlands CEO Richard Andersen said it's wonderful for the CFR to team up with the River City Round Up each year.

"There's a great spirit in this community," he said.

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Led by quarterback Darian Durant, the Roughriders fell 29-25 on the road to the Stampeders last week, giving Calgary the top seed in the West Division.
JEFF MCINTOSH/THE CANADIAN PRESS

Riders looking to roll past Eskis before B.C.

CFL. After tough loss to Stampeders, Green and White look to end regular season on winning note

Ricky Foley can't wait for the start of the CFL playoffs to begin, but not at the expense of looking past the Edmonton Eskimos.

Foley and the Saskatchewan Roughriders conclude their regular season Saturday hosting Edmonton. Win or lose, the Riders (11-6) have already clinched second in the West Division — and will host B.C. in the conference semifinal Nov. 17 — while the Eskimos (3-14) are destined to finish last.

But the contest has meaning for both teams.

Saskatchewan is coming off a bitter 29-25 road loss to Calgary (14-3), which cemented first in the West for the Stampeders. Heading into the post-season having dropped two straight games would be hardly ideal for the

Riders.

While there's no playoff date for Edmonton, for many of its players this will be the final opportunity to make a favourable impression, either with the Eskimos or other CFL teams, for next year.

"We can't look past Edmonton," Foley said. "If you look past Edmonton and start game-planning for and worrying about B.C. you're going to get your head kicked in by Edmonton."

"Those guys are playing

for jobs and those coaches are game-planning for jobs. They're going to come in here hungry. We also don't want to be on a two-game losing streak going into the playoffs, that wouldn't be very good."

Despite its struggles, Edmonton boasts some solid offensive threats. Quarterback Mike Reilly, in his first season as a CFL starter, has thrown for 4,157 yards and 24 TDs while running for 649 yards — tops among quarterbacks — and is averaging 8.4 yards

per rush.

The Eskimos also boast the CFL's top receiver in slot-back Fred Stamps, who has 68 catches for a league-best 1,259 yards and 11 TDs.

"Offensively they've got some playmakers," Foley said. "Obviously Fred Stamps is special but the quarterback, man, he's just a football player."

"I've got so much respect for Mike Reilly. He's a guy I've hit a lot this year but he gets up, he doesn't complain to his O-line and being a vet I've got a lot of respect for that kind of player. He's going to be a good player in this league."

The six-foot-two, 258-pound Foley joined the Riders as a free agent last off-season after helping the Toronto Argonauts win the 100th Grey Cup game in November at Rogers Centre. With this year's CFL title game being played at Mosaic Stadium, Saskatchewan is attempting to become the third straight team to win the Grey Cup on home soil — B.C. also did it in 2011. **THE CANADIAN PRESS**

Week 19 pick



Eskimos at Roughriders, Saturday, 3 p.m. (TSN)

Saskatchewan (11-6) has cemented second in the West Division and will host B.C. in the conference semifinal. But the Riders don't want to head into the playoffs hav-

ing dropped their final two regular-season games.

It's been a difficult season for the Eskimos (3-14). The harsh reality is many players are now auditioning for jobs, be it in Edmonton or anywhere else in the CFL next year, and that alone is incentive enough to perform.

In the end, here's figuring the desire to post 12 wins overrides trying to finish a dismal campaign on a winning note.

Pick: Riders.

NFL

Dolphins edge Bengals in OT

Cameron Wake sacked Andy Dalton for a safety with 6:38 left in overtime, and the Miami Dolphins beat the Cincinnati Bengals 22-20 on Thursday night.

On third-and-10 from the 8, Dalton retreated to the goal-line and was tackled by Wake coming up the middle for the third overtime safety in NFL history. The officials signalled safety, and the call was upheld following a replay review.

Wake had three sacks, and Cincinnati committed four turnovers that might have meant a difference of 17 points.

Mike Nugent kicked a 54-yard field goal with 1:24 remaining in regulation to put the Bengals ahead, but Miami answered with a 50-yard drive, and Caleb Sturgis made a 44-yard field goal with 11 seconds left to force overtime.

THE ASSOCIATED PRESS

MLS

Impact fail to make much of one in playoffs

The Montreal Impact's first trip to the MLS playoffs was short and not-so-sweet.

The Impact qualified for the MLS playoffs in just their second season, but limped to the finish line in the final two months and lost their first-ever playoff match against the Houston Dynamo 3-0 on Thursday.

A loss on the final day of the regular season pushed them down to the No. 5 seed, forcing the Impact to travel to Houston for the one-game knockout round against the Dynamo at BBVA Compass Stadium. **THE CANADIAN PRESS**

NBA

Rose sends United Center into frenzy with winning shot

Derrick Rose made a baseline floater with 5.7 seconds left to lift the Chicago Bulls to an 82-81 victory over the New York Knicks on Thursday night in his first home game since he injured his left knee 18 months ago.

THE ASSOCIATED PRESS

Bruins overcome sluggish offence, hunt down Ducks



Carl Soderberg celebrates scoring a goal for the Bruins against the Ducks in Boston on Thursday night. JARED WICKERHAM/GETTY IMAGES

Shootout win. Boston ends two-game skid

Zdeno Chara scored the tying goal on a power play with under three minutes remaining in regulation and Jarome Iginla had the lone goal in a shootout to rally the Boston Bruins past the Anaheim Ducks 3-2 on Thursday night.

Carl Soderberg scored his first NHL goal and Tuukka Rask made 21 saves for the Bruins, who mustered only one shot on goal in the first period. They never sustained much of an offensive attack but still managed to snap a two-game skid.

Devante Smith-Pelly scored less than two minutes into the game, Mathieu Perreault had a goal and an assist and Jonas Hiller stopped 21 shots for the Ducks. But they went 0-for-4 on the power play, dropping the

On Thursday

3

Bruins

2

Ducks

league's worst unit to 7.3 per cent (4-for-55).

Bruins players came out for warm-ups wearing World Series caps, and the crowd cheered midway through the second period when high-lights of the Boston Red Sox clinching the win over the St. Louis Cardinals on Wednesday night at Fenway Park were shown on the Jumbo-Tron.

Bruins team president Cam Neely and Red Sox president and CEO Larry Lucchino then came onto the ice and held the World Series trophy high above their heads. **THE ASSOCIATED PRESS**

King Henrik rules. Lundqvist stops 29 shots for 2nd shutout of season

Henrik Lundqvist made 29 saves in his 47th NHL shutout, and the New York Rangers won their second straight and first at home with a 2-0 victory over the lowly Buffalo Sabres on Thursday night.

Lundqvist made a late third-period save with the top of his helmet, deflecting the puck into the crowd, and then robbed Marcus Foligno with 1:20 remaining.

Derick Brassard scored a power-play goal in the first period, and Chris Kreider netted his second in two games in the middle period to give Lundqvist the only offence he would need to post his third win and second shutout this season.

"This is definitely a game we wanted to win and needed to win," said Lundqvist. "The way we started the game, we set the tone right away."

"We did so many good things. I thought we were all over them pretty much the whole game."

Ryan Miller shined in de-



The Rangers' Mats Zuccarello and goalie Henrik Lundqvist celebrate a shutout of the Sabres on Thursday. PAUL BERESWILL/GETTY IMAGES

feat as he turned aside 44 shots just to keep his struggling club in it.

Lundqvist, who missed two games last week while nursing an injury, lost 2-0 to Montreal in the home opener on Monday — one night before watching backup Cam Talbot beat the Islanders.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	14	10	4	0	48	32	20
Boston	12	8	4	0	35	22	16
Tampa Bay	12	8	4	0	40	33	16
Montreal	13	8	5	0	37	23	16
Detroit	13	7	4	2	29	34	16
Ottawa	12	4	6	2	35	38	10
Florida	12	3	7	2	26	42	8
Buffalo	15	2	12	1	23	43	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	13	9	4	0	41	31	18
Carolina	12	4	5	3	26	36	11
NY Islanders	12	4	5	3	37	39	11
Columbus	11	5	6	0	31	29	10
NY Rangers	12	5	7	0	20	37	10
Washington	12	5	7	0	34	38	10
New Jersey	12	3	5	4	26	37	10
Philadelphia	11	3	8	0	20	30	6

Thursday's results

Boston 3 Anaheim 2 (SO)
NY Rangers 2 Buffalo 0
Nashville at Phoenix
Wednesday's results
Toronto 4 Calgary 2
Pittsburgh 3 Boston 2
Detroit 2 Vancouver 1
Los Angeles 4 San Jose 3 (OT)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	13	8	2	3	45	38	19
St. Louis	10	7	1	2	38	25	16
Minnesota	13	6	4	3	30	31	15
Nashville	12	6	5	1	23	32	13
Winnipeg	14	5	7	2	34	40	12
Dallas	12	5	6	1	31	36	11

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	13	10	1	2	51	24	22
Anaheim	14	10	3	1	44	36	21
Vancouver	15	9	5	1	42	41	19
Phoenix	13	8	3	2	43	40	18
Los Angeles	14	9	5	0	40	36	18
Calgary	12	5	5	2	36	43	12
Edmonton	14	3	9	2	36	54	8

Note: Two points for a win, one point for overtime loss.

Friday's games

All Times Eastern
Tampa Bay at Carolina, 7 p.m.
Washington at Philadelphia, 7 p.m.
Columbus at Pittsburgh, 7 p.m.
St. Louis at Florida, 7:30 p.m.
NY Islanders at Ottawa, 7:30 p.m.
Montreal at Minnesota, 8 p.m.
Colorado at Dallas, 8:30 p.m.
Detroit at Calgary, 9 p.m.

Phoenix 104 Portland 91

Sacramento 90 Denver 88

Golden State 125 L.A. Lakers 94

Friday, November 1

New Orleans at Orlando, 7 p.m.

Cleveland at Charlotte, 7 p.m.

Philadelphia at Washington, 7 p.m.

Milwaukee at Boston, 7:30 p.m.

Toronto at Atlanta, 7:30 p.m.

Detroit at Memphis, 8 p.m.

Miami at Brooklyn, 8 p.m.

Oklahoma City at Minnesota, 8 p.m.

Dallas at Houston, 8 p.m.

Portland at Denver, 9 p.m.

Utah at Phoenix, 10 p.m.

L.A. Clippers at Sacramento, 10 p.m.

San Antonio at L.A. Lakers, 10:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.

y — clinched division.

Friday's games — All Times Eastern

Montreal at Toronto, 7 p.m.

Calgary at B.C., 10 p.m.

Saturday's games

Hamilton at Winnipeg, 2 p.m.

Edmonton at Saskatchewan, 5 p.m.

(End of Regular Season)

NFL

WEEK NINE

Thursday's result

Miami 22 Cincinnati 20 (OT)

Sunday's games — All Times Eastern

New Orleans at N.Y. Jets, 1 p.m.

Tennessee at St. Louis, 1 p.m.

San Diego at Washington, 1 p.m.

Kansas City at Buffalo, 1 p.m.

Minnesota at Dallas, 1 p.m.

Atlanta at Carolina, 1 p.m.

Philadelphia at Oakland, 4:05 p.m.

Tampa Bay at Seattle, 4:05 p.m.

Pittsburgh at New England, 4:25 p.m.

Baltimore at Cleveland, 4:25 p.m.

Indianapolis at Houston, 8:30 p.m.

Monday's game

Chicago at Green Bay, 8:40 p.m.

MLS

PLAYOFFS

KNOCKOUT ROUND (single-game elimination)

EASTERN CONFERENCE

Thursday's result

Houston 3 Montreal 0

WESTERN CONFERENCE

Wednesday's result

Seattle 2 Colorado 0

NBA

REGULAR SEASON

Thursday's results

Chicago 82 New York 81

Golden State at L.A. Clippers

Wednesday's results

Philadelphia 114 Miami 110

Cleveland 98 Brooklyn 94

Toronto 93 Boston 87

New York 90 Milwaukee 83

Detroit 113 Washington 102

Houston 96 Charlotte 83

Indiana 95 New Orleans 90

Minnesota 120 Orlando 115

Dallas 118 Atlanta 109

San Antonio 101 Memphis 94

Oklahoma City 101 Utah 98

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Red Sox designated hitter David Ortiz applauds after defeating the Cardinals in Game 6 of the World Series on Wednesday night in Boston.
DAVID J. PHILLIP/THE ASSOCIATED PRESS

Free to play. Varlamov able to travel with team while charges pending

Colorado Avalanche goalie Semyon Varlamov will be able to travel with the team while prosecutors consider whether he should be charged with assaulting his girlfriend.

On Thursday, a judge said Varlamov could be released if he posted \$5,000 US bond and be allowed to travel with the team but he was ordered to stay away from his girlfriend, among other restrictions.

The girlfriend told investigators that Varlamov kicked her in the chest, knocking her down, and stomped on her chest as she lay on the ground in her apartment on Monday, according to an arrest affidavit. The girlfriend, whose name was redacted, also accused Varlamov of dragging her by her hair and telling her that he would have beaten her more if they had been in Russia.

Varlamov appeared in court briefly Thursday. He spent the night in jail after turning himself in on Wednesday. He stood next to his lawyer to face Denver County Judge Claudia Jordan, who also told him, through a Russian interpreter, that he couldn't drink or possess firearms. He also had to sign a



Colorado Avalanche goalie Semyon Varlamov DENVER POLICE DEPARTMENT

waiver that he would be immediately sent back to Colorado if he fled.

The 25-year-old turned himself in to police Wednesday evening, after practising with the team that day. He was arrested on suspicion of second-degree kidnapping and third-degree assault.

Varlamov's agent, Paul Theofanous, said he "is completely innocent of all of these charges."

Varlamov's lawyer, Jack Rotole, declined to comment on the case, saying he would defend his client in court.

THE ASSOCIATED PRESS

World Series win caps off tragic year in Beantown

Boston Strong. Marathon runner finds bittersweet ending in Red Sox victory

For fans, players and political leaders who celebrated the Red Sox's World Series title with cries of "Boston Strong," the championship provided a jubilant finish to a season that was shadowed nearly from the start by the April bombings at the Boston Marathon.

Marathon.

The morning after he cheered the victory inside Fenway Park, Ed Carlson returned Thursday to the marathon finish line he had crossed months earlier, 20 minutes before the bombs went off, and then had scrambled to find his children in the ensuing chaos.

"I t w a s

Quoted

"To be at the marathon and then be there for the World Series — I still tear up thinking about it."

Ed Carlson, Boston Marathon runner

quite a year," said Carlson, 51, of Princeton, Mass. "To be at the marathon and then to be there for the World Series — I still tear up thinking about it."

The success of the Red Sox, who finished last in their division

only a year ago, became a welcome surprise and eventually a symbol of resilience for a city recovering from the twin bombings that killed three people and wounded more than 260. People periodically stopped around the finish line on Thursday morning to offer a solemn tribute.

Carlson, who was taking in the scene with his 17-year-old daughter, wore a new Red Sox World Series Champions baseball hat along with the same blue and yellow marathon jacket he wore to every Sox game he attended over the season. At Wednesday night's game, he had his marathon medal in his pocket. **THE ASSOCIATED PRESS**



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NFL. Shanahan calls Haynesworth 'lazy'

Mike Shanahan levelled a scathing critique at Albert Haynesworth on Thursday, saying the former Redskins defensive lineman was "lazy" and had a "lack of passion" and "lack of character."

The Washington Redskins coach was responding to comments made this week by Haynesworth, who told Tennessee Sports Radio

that Shanahan is "conniving," self-centred and will run quarterback Robert Griffin III "into the ground."

Asked for his reaction, Shanahan began his answer and then stopped himself and started over — because he wanted to "say it the right way."

Then he hammered home a zinger.

"When you don't get along with somebody as a head

coach or an assistant coach, it usually falls into one of those areas — lazy, lack of passion, and a lot of times lack of character," Shanahan said. "And he fits all three."

Haynesworth signed a \$100-million free-agent contract with the Redskins in 2009, but he and Shanahan clashed frequently after the coach arrived in Washington a year later. **THE ASSOCIATED PRESS**

Blue Jays

New hitting coach aims to use the whole field

Throughout last season Blue Jays manager John Gibbons lauded hitters who "used the whole field," could drive the ball gap-to-gap and were not wholly dependent on a pull-happy power stroke.

It's no surprise then that the hitting coach he and GM Alex Anthopoulos have hired to replace Chad Mottola is one who shares that philosophy.

The Jays announced Thursday that Gibbons' former colleague with the Kansas City Royals, Kevin Seitzer, has been named the team's new hitting coach.

Gibbons worked alongside Seitzer with the Royals for three seasons, from 2009 to 2011, when Gibbons was the team's bench coach.

Seitzer said he developed his philosophy from his personal experience and also "special conversations with some very good hitters," singling out George Brett, Paul Molitor, Dave Winfield and about a dozen of the game's best hitters from the '80s and '90s. **TORSTAR NEWS SERVICE**

Horoscopes

Aries

March 21 - April 20

You may be envious of a rival's success but it's a waste of time. If you compare yourself to others, you will always find someone who has done better than you. Compare yourself to who you were yesterday.

Taurus

April 21 - May 21

A loved one may be giving you a hard time and you may have every right to hit back at them but is that such a good idea? According to the planets, you should let it go and let them get past this negative phase.

Gemini

May 22 - June 21

Don't let yourself get upset about little things. The Sun's link to retrograde Mercury in the work and wellbeing area of your chart today warns you to watch your temper.

Cancer

June 22 - July 23

There are so many good things going on in your world that you may worry you don't really deserve it all — but you do. The planets are simply rewarding you for past efforts you made on other people's behalf.

Leo

July 24 - Aug. 23

Make the most of what you have and don't worry that others may have more than you. Life is not a game where the one with the most wins. Life is a process to be enjoyed.

Virgo

Aug. 24 - Sept. 23

It would be unwise to reach a decision today without seeking advice from people you trust. With Mercury, your ruler, moving retrograde you may not be seeing things straight.

Libra

Sept. 24 - Oct. 23

Try not to get annoyed with the varied fools you have to deal with today. They can't help it if, compared to you, they don't have a clue what's going on. If anything, feel sorry for them.

Scorpio

Oct. 24 - Nov. 22

Mercury in your sign makes your mind sharper than usual but because it links to slow-moving Pluto today you may find it hard to reach any lasting conclusions. That's good, as most likely they'll be wrong.

Sagittarius

Nov. 23 - Dec. 21

If there is something you are hiding and you will no doubt be dismayed when it becomes public knowledge. Don't be embarrassed though, it's OK.

Capricorn

Dec. 22 - Jan. 20

You are more than impatient with people who move slowly. However, the more you try to hurry them along, the more they drag their feet. What can you do about it? Nothing. Perhaps you should move more slowly yourself.

Aquarius

Jan. 21 - Feb. 19

Resist the urge to make decisions about your social or professional situation. With mind planet Mercury in the career area of your chart linked to unpredictable Uranus they will most likely be wrong.

Pisces

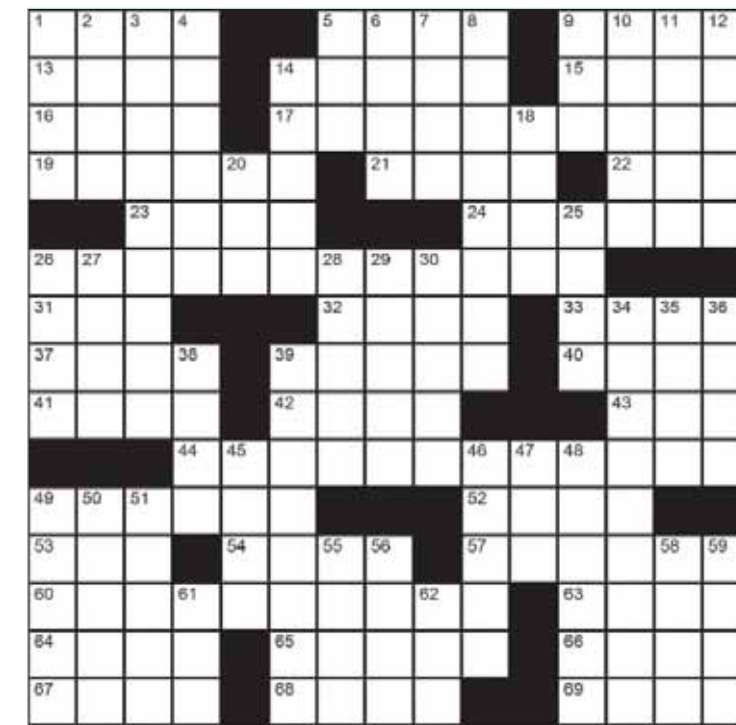
Feb. 20 - March 20

It would appear that a friend is in an argumentative mood and would like nothing better than to engage you in the kind of debate you cannot win. Give it a miss! SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Camera lovers
5. ___ and Span
9. Mr. Carrey's
13. Bank ___
14. Bat cave fertilizer
15. About: 2 wds.
16. Woodstock's Sha ___
17. 'Celebrating Canadian Excellence', Canada's ___: 3 wds.
19. Father's dad
21. Mr. Waggoner
22. Lead-in to 'bard' (Pelt)
23. Roast: French
24. "___!" (Arrived-things exclamation)
26. November 1st: 3 wds.
31. Fluffy scarf
32. Beaver State [abbr.]
33. Get ___ (Get hired)
37. Touch down
39. Walk ___ line
40. "Finding ___" (2003)
41. Taro root
42. Inquiry [abbr.]
43. Author Ms. Hinton's
44. Christopher Plummer movie, with The: 3 wds.
49. Film/dom
52. Raison d'___
53. Fuss
54. Judi Dench/Kate Winslet movie
57. Imp
60. Parliamentary



63. Bit
64. ___ 'acte (Intermission)
65. Imperial decree in tsarist Russia
66. We, in West-mount
67. L'il travel lines
68. "Well, now...":

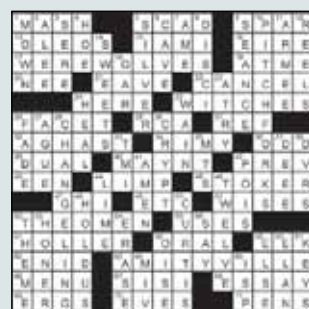
- 2 wds.
69. Hosp. readouts
- Down
1. Place the picture
2. Rent-_-
3. Holly ___, Juno-winning singer/song-writer
4. "Full House" star John

5. "Dalla ___ Pace": Mozart aria
6. Melancholy
7. Like ballpoints
8. American President, Calvin ___ (b.1872 - d.1933)
9. Peanut butter brand
10. DWTS judge Carrie Ann

11. Michael Keaton comedy, "___" (1983)
12. "Can't you ___?" (Hey, I'm over here)
14. Haida ___ (Queen Charlotte Islands, now)

18. Greek cheese
20. Harper Valley gr.
25. Blue hue
26. Fit
27. Heavy haul
28. Not exactly a laugh a minute: 2 wds.
29. Sampled
30. Prefix to 'dyne' (Toothpaste brand)
34. Canadian musician of 'The Blue Guitar Sessions': 2 wds.
35. Sacred Buddhist peak
36. Pear variety
38. ___ of reality
39. New tourist attraction in Toronto that's making a splash, Ripley's ___ of Canada
45. Cut
46. Ms. Downey, Actress who is the President of ACTRA
47. Kingston Trio lettered song
48. Of bears
49. Escapade
50. Aerosmith's "___ Want to Miss a Thing"
51. Actor Nick
55. Not pleasant
56. Thailand, once
58. Give ___ (Yank)
59. Laddie's love
61. US tax org.
62. "The second last letter is known ___" ...said the Alphabet instructor

Yesterday's Crossword

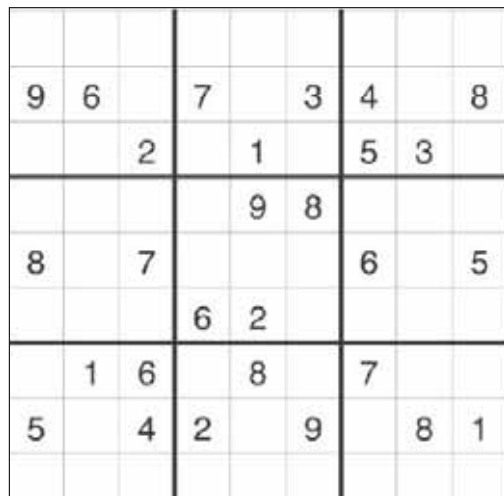
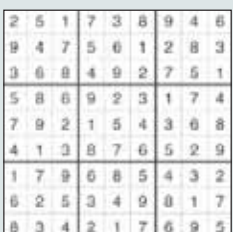


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 8°
MIN: 1°

WEDNESDAY



MAX: 6°
MIN: 0°

THURSDAY



MAX: -1°
MIN: -3°



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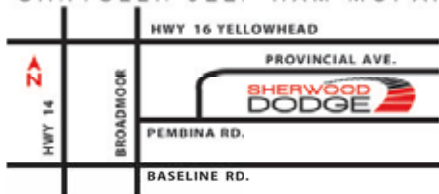
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